

## PRESIDENT'S BLOG

### Savor the Moment Because Time Flies

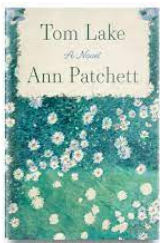
Chris Ouellette, *NEALS President*

Happy December to you! As we approach the end of another calendar year, I wanted to reach out while taking some time to reflect on what I am grateful for during this holiday season. This year has been full of peaks and valleys for sure. Commitment number two in the 15 Commitments of Conscious Leadership centers on curiosity. It asks us to "commit to regarding every interaction as an opportunity to learn" and this has been a driving factor for my own personal growth this year. My gratitude list for 2023 is still growing, and here are three of the items on that list:

CLICK [HERE](#) to read more...

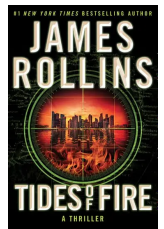
## HOW WE ARE TREATING OURSELVES

### DURING WINTER BREAK



**BETHANY, Board Treasurer**  
TOM LAKE by ANN PATCHETT

**CHRIS, Board President**  
TIDES OF FIRE by JAMES ROLLINS



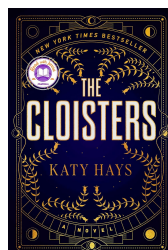
**VAUNIE, Board Member**  
MUSIC, MUSIC, MUSIC  
singing, dancing, and listening



**EDEN, Board Vice President**  
A FIRE IN THE FLESH  
by JENNIFER ARMENTROUT



**LAURA, Eastern MA Board Member**  
THE CLOISTERS by KATY HAYS



**WHAT  
ARE YOU PLANNING?**

**MELISSA, Board Secretary**  
REACHER SEASON 2



# CELEBRATING 25 YEARS!



## Annual Member Conference, April 19, 2023

8:00 AM to 4:00 PM, [Emma Willard School](#), Troy, NY

Book at the [Marriott](#) in Troy, NY

Do you know a school in the Troy / Albany area that might like to join us?

Please email us at [board@nealsonline.org](mailto:board@nealsonline.org)

## MISSED NOVEMBER'S TABLE TALK?



### HERE'S what members shared:

The recent workshop on "**Difficult Conversations**" was enlightening and helpful, both personally and professionally. The facilitator, **Dr. Jamie Greene**, was expert and supportive, and she gave helpful resources and time for discussion in how to personally apply the principles of DBT.

#### IN JANUARY:

LOOK for the VIDEO  
of our Table Talk on  
**DIFFICULT CONVERSATIONS**

AND

NEALS IN THE NEW YEAR  
Wednesday, January 17, 2024  
Ring in the New Year VIRTUAL Social

The recent workshop on "**Difficult Conversations**," led by expert facilitator **Dr. Jamie Greene**, was professionally presented and beneficial to the practice of Learning Specialists. Attendees were given two big take-away concepts, through the lens of DBT (Dialectical Behavior Therapy): "practicing repair" and embracing "radical acceptance" in order to manage emotions in difficult conversations.

