

INVITATION FOR THE ANNUAL DISN AUTUMN CONFERENCE

THURSDAY 28th October 09.00-16.00

At Hotel Hesselet, Nyborg

Dear DISN Member Schools,

We trust that you are all enjoying almost normal school days and a good start to the new school year. The Board and I apologise for the slightly last-minute notification of our annual meet-up in Nyborg, but our explanation was wishing to see how the Covid-19 situation would affect the first term. We now hope you are as keen as we are to see the network face-to-face and to swap experiences and find inspiration for the school year(s) to come.

The autumn conference traditionally has a leadership focus and will end with our Annual General Meeting. This year's speaker has been chosen in response to a time which has been very demanding on all staff in a school. It has been a busy time for us all and work-life balance lines may have become blurry. Needless to say, we all have ambitions for our schools and also feel dedicated to making sure everyone in our community is feeling well and doing well.

Can self-care and self-management tools boost and inspire leadership, middle management and co-ordinators and have a trickle-down effect in an organization? We hope you will want to find out more by joining Ed Ley and our network on 28th October.

Ed Ley (<https://www.edley.net/about>) has a background as a personal trainer and coach. His theories are based on neuroscience principles and his inspiration has been built on among other things, interviews (having coffee) with more than 700 different people. You can listen to his podcasts of the conversations. Ed generally coaches leadership, but does so with the motivation that there will be a positive trickle-down effect. We hope that you will be curious about exploring neuroscience, your habits, values and doubts in Ed's talk and workshop. He says, please wear sensible shoes as you will be active!

"A habit is formed when a new behaviour is adopted by the Basal ganglia in the brain. This occurs when the brain deems the new behaviour to be a more easy, effective, fun, fulfilling method for achieving what it most values. This principle above all else must inform any new action we wish to continue for the long term. Determination or will power will never be enough, in fact the need for them is a red flag that a habit will not be formed around the new action."

"Our values are the emotional drivers gathered across our lives that unconsciously guide our actions. Neuroscience research has discovered that our decisions are made 11 seconds before we believe we have consciously made a decision. I believe we will soon discover it is significantly longer.

Our habits, priorities, self worth, success, relationships, fun, fulfilment, health, and happiness are an expression of our values and our alignment with them."

Ed Ley

PROGRAMME FOR THE DAY

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| 09.00-09.30 | Welcome, Coffee/tea and networking |
| 09.30-12.00 | Ed Ley Leadership Workshop |
| 12.00-13.00 | Lunch |
| 13.00-14.00 | Ed Ley Workshop continues |
| 14.00-14.30 | Coffee/tea and networking |
| 14.30-16.00 | Annual General Meeting |

When and: 28th October 2021

Where: Hotel Hesselet, Christianslundsvej 119, 5800 Nyborg

Price: 980 DKK. pr. person

Sign up: <https://www.conferencemanager.dk/disn/conference>

Deadline for sign-up: Monday 4th October

Best regards,

Johanne E. Skaanes-Allo, Chairman