

Keynote Presentation

**Thursday, April 10, 2020
8:30-10:00 am
South Hall**

**“Build Your Bounce: 23 Questions
That Can Change the Way You Look
at Life”**

**Presented by Nefertiti Poyner, Ed.D.,
Early Childhood Specialist/Lead
Trainer, Devereux Center for Resilient
Children, Villanova, PA**



Building Your Bounce is a presentation designed to meet you where you are and take you to a place of greater strength, determination, and resiliency. Participants are sure to leave this presentation with energy, enthusiasm, and a commitment to make a few positive changes in their lives that will lead to greater happiness and fulfillment that will undoubtedly resonate in the work they do every day with children and families.

This presentation will emphasize how important it is that adults take care of themselves and promote their social-emotional health; how the social-emotional well-being of adults impacts the children in their care in both positive and negative ways; and specific, simple and inexpensive strategies to reduce stress and promote their social-emotional health.

Prior to joining the Devereux Center for Resilient Children (DCRC), Nefertiti worked as a Preschool and Kindergarten teacher in the city of Philadelphia. Since joining DCRC in 2002, Nefertiti has provided professional development and presentations that focus on educating parents, teachers, and administrators on the importance of paying attention to not only how children perform academically, but also how they feel, social and emotionally. Most recently, she has co-authored two resources: Building Your Bounce: Simple Strategies for a Resilient You and the award-winning Socially Strong, Emotionally Secure: 50 Activities to Promote Resilience in Young Children. Nefertiti is a certified trainer for DCRC.