



SIVET EMPOWERMENT LLC.

— EDUCATION + INTELLIGENCE + CHARACTER = EMPOWERMENT —

Sivet Empowerment

Truths & Tips

It's my birthday month.

Greetings everyone,

Your girl has turned 45!!! It's so funny because every year I do something for my birthday. This year I hadn't thought much about it after a certain point because of circumstances but it was sweet that my friends who are used to celebrating me called and texted to ask what we are doing this year. I pulled something together last minute and it was a good time. Thankful for my friend village for sure! First, I am thankful to God for another year around the sun. We never really know what day-to-day or year-to-year will be. I didn't expect to be in the space that I am in, but I am choosing faith, patience, prosperity, and influence. In that, all I can do is be me. Because HE is limitless! My Cheers to 45 Years was a blast! Let me tell you my village is Dope Dope!!!

Cheers to 45 Years!!!!

Let's get into something!!!

As many of you know my good friend and I Desherra are working on creating a group for "Our Sisters in ECE." This group can include all people, but we will be recruiting people of color who work in the ECE space by way of Owners, Directors, Assistants, Educators, Managers, Supervisors, etc. Our goal is truly to create a community of support within our community. The goal is to be of service to each other. Our vision is to create a space of support, conversation, knowledge, and power for each other. Our mission is to stand as one to close the gap in early education for all children, specifically children of color. Also, to stand as one so we can water each other and nurture each other so that our businesses aren't just temporary but are around for the long haul to help lessen the gap that is causing the U.S. to be a childcare desert. Our first in-person meet and greet will be on 4/15/23 @ 10 a.m. @ Blessed Babies Learning Academy @ 2729 Whites Creek Pike Nashville, TN. If you want to join us, RSVP By Midnight on 4-13. Email me at: Tevis.haynie@gmail.com

"I truly believe no matter your level of education and experience we can learn from each other." -T. Haynie

Here is why you need a performance coach and why you should hire one.

If you are feeling stuck, uncertain, or overwhelmed. Hiring a coach can give you relief and an accountability partner. A coach is a trained professional who can help identify your strengths, weaknesses, and opportunities for growth. A coach is your partner, in a thought-provoking and creative process.

A coach can help:

1. When you are transitioning into a new role
2. When you're feeling stuck or stagnant.
3. When you're facing a specific challenge.
4. When you're looking to develop new skills.
5. When you're looking to enhance your leadership skills.

If you need support in any of these areas, please let me know. Check out my website (www.sivetempowermentllc.com) and schedule a time so we can chat or shoot me an email!

Supporting Positive Behaviors

As we all know children have big feelings, oftentimes this is because they don't have the appropriate language skills to define those feelings. Because of this, they may act out. Our job as teachers and parents is to help children navigate these feelings and how to deal with them appropriately. "Families can make a big difference in their child's behavior," when they understand what is going on. Learning how families can promote positive behaviors by connecting with the child, talking about feelings, teaching the child positive behaviors, and doing self-care is a big win at home and school. Staying calm while a child is having a tantrum or otherwise acting out can make your blood boil or make you feel impatient. Remember when you stay calm, you can teach your child that all feelings are OK, and you can help your child learn skills to handle tough moments now and in the future.

One Greek proverb says, "One minute of patience, ten years of peace." If a parent or caregiver practices patience now and connects with their child during challenging moments, the skills they teach them to manage those moments will carry on throughout their childhood and the rest of their life. Naming and understanding feelings are a skill that needs to be taught to children. Supporting positive behaviors in children is an ongoing process that includes connecting with children, naming feelings, as well as teaching positive behaviors. Children can easily sense when adults are stressed, and they can feed off that energy. When we're stressed, children will be stressed. When we call out the things that make us happy and say we're thankful for those things, it brings a renewed perspective and can enhance our overall well-being.

"Supporting Positive Behaviors," spearheaded by the [National Center on Health, Behavioral Health, and Safety](#) (NCHBHS).

"For an organization to succeed, leadership must extend beyond just the people who have leadership in their titles."

Download the tip sheet »

TIP: April is about the brain. If you haven't sent out a newsletter maybe google things about the brain and put a little blurb in your newsletter.

***Just a nugget! Make sure you have all the things posted. If you aren't sure what is supposed to be posted, please refer to page 15 #12 in your TN licensing rules!



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