



# ECEBC LEADERSHIP

Featuring Alumni of the ECEBC Leadership Initiative

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## “Confidence to Reach Outside My Comfort Zone”

Sarah Wedel takes time to share her most significant change in her leadership journey to date.

Coming into the field I was very closed off, and I found it very hard to speak to people I didn't

know. Once I built rapport, I had great conversations, but until then, I was very quiet, and inside myself.

The biggest change for me from leadership is self-confidence. I know I can make a change and that I can make a difference. I didn't always have to be quiet when people in the field were saying things and I had pieces to offer as well. Since leadership, I spoke at a leadership dinner we held in Prince George. 40 people were there and I never would have done that before. That was the moment I thought to myself, “I can make a

*“Being part of the ECEBC Leadership Initiative has given me the skills to self-reflect and think about why I feel that way, and why we do the things that we do. Now I know I have a voice and I can make a change.”.*

*.Sarah Wedel*



*Sarah has been a member of ECEBC since March 7, 2012. She is an active member of the New Caledonia Branch. She joined the ECEBC Board May 2, 2014.*

## Our Image of the Child

By bringing workshops and motivational speakers to parents, caregivers and educators, we will find our voice through greater self-confidence. By finding confidence in ourselves we can pass that on to our sector and the children in our care. We will raise the “consciousness” of early childhood educators of the importance of their work, which will in turn encourage our sector to share that knowledge with parents in the community. We will learn and grow together with other ECEs as we make strong connections through this journey (Community of Innovation Project Documents, 2013).

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difference.” I got feedback after the dinner that I inspired some people in our community to think about their practice and reflect on why they do the things they do.

At the end of my talking about my leadership journey, I asked the group the questions I’d been thinking about since I entered the field. Those questions were: how do you know when it is time to make a change in your practice? Is your practice what you would like it to be? I guess those got people thinking. I think it is important to go back to those questions or you can get stuck in those moments doing things over and over, not knowing why you do them and it’s good to self-reflect about those.

Sarah shared the effects of recent challenges including being a part of process of where our child care centre was going to close. We took on roles that I never thought were going to happen. For a while we were so certain our centre was going to close. At that time there were a lot of other things going on in my life that I was starting to feel couldn’t make a difference. I didn’t know what I was going to do anymore. I was having a lot of negative self-talk. I didn’t feel like I had a voice

At the last institute getting together with cohorts and talking about what we had done was really helpful. I was nervous because we focused on saving our center not on our leadership project. It was comforting hearing people say you did a lot and this is real life. It was encouraging to look at bigger picture of what we had done. I realized it’s okay for me to feel uncomfortable and to have those feelings. That’s when the biggest learning comes out and that’s when I do a lot of self-reflection and really dig into why I’m feeling that way.

Being part of the ECEBC Leadership Initiative has given me the skills to self-reflect and think about why I feel that way, and why we do the things that we do. Now I know I have a voice and I can make a change

When asked what in leadership helped bring about change, Sarah shares, “for me it’s always been about mentorship”. It was great having Bev and Emily there to say it’s okay to go outside your comfort zone and try new things. If I was feeling unsure, I could contact them. People at the local college have been incredible supports for me and always pushed a little further. At first I get nervous, but in the end, I’ve learned so much. It’s always been a great and positive experience because of all the things I learned. Without mentorship, I don’t think I would have taken the steps and the risks that I did.

In looking to the future, I would like to continue with my team advocating and getting the message out that Early Care and Learning is Education. We need to explain that message and get that knowledge to other people in the community. I’m really excited to be on the ECEBC Board and to learn things from people who have various different experiences.

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