



NASAE

the connection

ISSUE ONE | FEBRUARY 2023

What is The State Staff Connection?

.....
The State Staff Connection is a new program of the NASAE designed to support all state staff in all phases of their career. There are four priorities of the program: #1 Mentor Teams, #2 Monthly Zoom Sessions; #3 Quarterly Newsletters; #4 New State Staff On-Boarding.

Mentor Teams will serve as point people who can help connect new staff to appropriate resources or individuals with expertise. The names and email addresses of these individuals will be posted on the NASAE website and shared with new state staff in a welcome email. Regional Mentor Teams will also provide two touch points throughout the year for our 0-5 year members.

Intentional **New State Staff On-Boarding** will take place by NASAE Executive Board members. Relationship building is important for retention and this is a small step towards fostering relationships with new staff.

The State Staff Connection Series provides an opportunity for us to come together to share and ask questions about topics relevant to our roles. Monthly Zoom Sessions will focus on various topics and members are encouraged to join the sessions that will help meet their needs.

The Connection Quarterly Newsletter is a simple resource to keep NASAE members informed throughout the year and provide personal growth content. The NASAE Executive Board is committed to providing our members with resources beyond the annual conference.



UPCOMING THE STATE STAFF CONNECTION SERIES SESSIONS

Feb 14

Mental Health

Mar 14

State Officer Transition &
State Convention Engagement
and Programming

Apr 11

100% Affiliation &
Teacher Mentoring

3 pm ET

NASAE.FFA.ORG

MEMBER SPOTLIGHT

DEAN DITTMAR - ILLINOIS

Dean was selected as the **2022 Outstanding State Supervisor**. Dean empowers and encourages teachers, assists with National FFA programs and initiatives, regularly establishes new agriculture programs and FFA Alumni Chapters, and works closely with teacher educators to better support future teachers. He has been instrumental in the establishment of junior MANRRS chapters and the creation of the first ever Jr. MANRRS Leadership Institute in Illinois. Dean exhibits leadership and has the vision to be progressive at all levels of education.



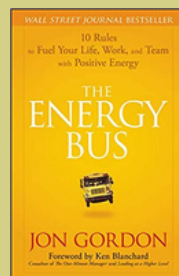
WANT TO PARTICIPATE IN THE 2023 AWARDS PROGRAM?
VISIT [HTTPS://NASAE.FFA.ORG/AWARDS](https://NASAE.FFA.ORG/AWARDS) FOR MORE INFORMATION.
APPLICATIONS ARE DUE OCTOBER 1.

GOOD READS

"THE ENERGY BUS"

by Jon Gordon

10 Rules to Fuel Your Life, Work, and Team with Positive Energy



Go on an enlightening and inspiring ride that reveals 10 secrets for approaching life and work with the kind of positive, forward thinking that leads to true accomplishment of work and home.

STATE STAFF TOOLBOX

Canva - A free-to-use online graphic design tool. Use it to create social media posts, presentations, posters, videos, logos and more. Pay a subscription fee for even more access to templates and elements and additional functionality.

www.canva.com

REFLECTION



Go for a walk with your phone/camera and take some photos.

Afterwards, sit down and reflect on one of the photos you took.

KNOWLEDGE & WISDOM



CREATING BOUNDARIES

Creating and maintaining healthy boundaries can help one conserve emotional energy and put oneself in a better mental state. The first step to set boundaries is self-awareness. Paying attention to situations when you are low on energy, feel bitter or resentful, or feel like you can't say no can help one identify where more space, self-respect, energy, or personal time are needed.

Create your own boundaries by:

1. Clearly identify your boundaries.
2. Understand why you need the boundaries.
3. Decide what happens if your request for boundaries is not respected.