



Raelene Nicole Ostberg

**NATIONAL KEYNOTE SPEAKER
DIRECTOR, THRIVING TOGETHER, LLC
EXPERT TRAINER, ACHIEVE-MNCPD
NEW YORK STATE TRAINING AND TECHNICAL
ASSISTANT PROFESSIONAL**



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PROFESSIONAL EXPERIENCE:

February 2008 - Present

Thriving Together, LLC and Lead Trainer, Achieve-MNCPD

Director, Keynote Speaker, Expert Trainer, Curriculum Development

Develop and deliver dynamic and energetic Keynotes and Workshops on a variety of topics related to managing challenging behaviors, decreasing stress, and building cohesive teams between leadership, staff, and with families. Specialize in interactive presentations with real-life stories that are infused with tangible, evidence-based solutions that ensure positive results for all. Highlights include several national presentations at NHSA, NAEYC PLI, and the NHSA Family Engagement Conference. Have developed over fifty approved trainings online and in-person across three different states, development of Parenting Matters Workplace Curriculum for the Southern Minnesota Initiative Foundation, obtained the RBPD Credential, and mentored/presented for numerous Trainer Institutes in MN and KY.

February 2006 - June 2018

Parents are Important in Rochester (PAIIR), Rochester, MN

Licensed Parent Educator and Early Childhood Substitute

Designed and delivered parent education in online and in-person classroom environments. Developed and led early childhood education and parenting curriculum for infant and toddler classes. Collaborated with a team to design and implement educational programming for 0-5 year olds and their parents. Partnered with community organizations to offer parent education and early childhood services to community organizations. Designed, delivered, and coordinated curriculum for the work place to meet the needs of employed parents. Promoted and completed outreach online and in-person, including KTTTC News presentations.

July 2007 - May 2009

Parents Rochester Area Foundation's First Steps Initiative, Rochester, MN

Business Liaison

Engaged the Rochester community to promote awareness, enhance support and increase investment in early childhood. Built business partnerships through the First Steps Business Alliance to deliver parenting education in the workplace, increase resources for early childhood programming and reaching parents not currently being reached. Developed, coordinated, marketed, evaluated, and delivered family education school-readiness seminars at the work-site for diverse communities. Facilitated community organization, collaboration, and trainings to identify and train leaders from the Somali and Spanish-speaking communities to lead educational efforts in their respective communities. Wrote early childhood education articles for the Rochester Women's Magazine. Collaborated with partners to complete early childhood projects (events, early childhood education, school-readiness study, parent-child activity book).

February 2006 - August 2008

Parents are Important in Rochester (PAIIR), Rochester, MN

06-08 Staff Coordinator

Hired, trained, scheduled and evaluated up to forty staff. Organized staff in-services and trainings and provided ongoing support for staff and Program Manager.

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PROFESSIONAL EXPERIENCE:

August 2005 - February 2006

Area Learning Center & Family Services, Northfield, MN

Teenage Parenting Program Educator

Developed the teen parenting program and established curriculum. Provided parenting education for pregnant and parenting teenagers and their infants to promote development and insight into infant development and activities that promote it. Identified resources and made referrals.

August 2004 - February 2006

Early Childhood Family Education (ECFE), Farmington, MN

Family Educator

Developed curriculum, provided parenting education, offered support, and facilitated group experiences and parent-child interaction time for parents with children aged 0-5 years.

January 2002 - February 2006

Early Childhood Family Education (ECFE), Northfield, MN

Family Educator

Developed curriculum, provided parenting education, offered support, and facilitated group experiences and parent-child interaction time for parents with children aged 0-5 years.

August 2001 - June 2003

Community Education Sibley and Longfellow Elementary Schools, Northfield, MN

Volunteer Coordinator

Set up and maintained a volunteer database, coordinated and established volunteers from within the school and the community for school events, classroom help and various presentations.

June 1999 - November 2000

Northeast Strong Together Way to Grow (NEST), Minneapolis (Mpls.), MN

Family Resource Advocate (FRA), Volunteer Coordinator

Provided parenting education, resource referral, advocacy and support for a diverse group of families who were expecting a baby or had children up to age six. Collaborated with parents and community members to establish and increase community collaboration and support. Completed extensive outreach and provided home visits which focused on parenting support and education related to the family's goals and school-readiness. Planned and implemented family fun events, community events, and various children's activities. Coordinated volunteers and set up volunteer database system.

September 1997 - June 1999

Community-University Health Care Center/Variety Children's Clinic, Mpls, MN

Family Advocate and Secretarial Assistant

Offered advocacy, case-management, crisis intervention and resource referral for obstetric patients age teenage through adult in a community clinic that offered primary medical, dental, and mental health services. Assisted the Executive Director with detailed word processing of forms, correspondence, and grants, organizing survey data, mail distribution and filing. Assisted staff with computer programs and assisted where needed.

September 1996 - September 1997

Life Skills Department and GED Center, Sabathani Community Center, Mpls, MN

Family Liaison

Provided tutoring for teenagers and adults who were working on completion of their GED. Facilitated career and personal goal exploration and formation and helped build work resumes. Shared social service resource information. Coordinated activities for children aged preschool to teenagers. Assisted the director with computer work and organization of students and volunteers.

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CREDENTIALS AND LICENSURE:

February, 2018 to June 2021

Childcare Aware of Minnesota - TARSS Trainer Mentor and Observer

Licensure 2003 to Present

Parent & Family Education License #404324, completed at the University of Minnesota, 2003-Present

Credential 2018 to Present

Minnesota Department of Human Services - Relationship Based Professional Development Credential and Trainer

EDUCATION AND TRAINING:

June 2013 - 2019

SMART Stress and Resiliency Program with Dr. Amit Sood, Mayo Clinic

November 2019 – Certification program to become a trainer of the SMART program
September, 2019 – Completed second transform training with Dr. Sood.
8/13-2/14 Completed six-month training with Dr. Amit Sood and ongoing collaboration with Mayo Clinic's Attention and Interpretation Therapy program. Part of the team, a group of passionate people, whose life's mission is to help build a kinder and happier world for ourselves and our children.

September 2004

University of Minnesota, Mpls., MN

Master's of Education in Family Education, GPA 3.8

Specialized focus on early childhood education including the influence of adult and child interactions on child development, working with difficult temperaments, sleep, effective responses to challenging behaviors, and building strong partnerships between adults providing care for young children. Completed coursework in Family Education, Infant Development, Child and Family Development, Human Relations, Parent Education (group facilitation and evaluation skills), program evaluation, and Family Systems and Diversity. Specialty classes have been completed in attachment theory, working with couples, partnership and parenting, positive parenting, building positive connections (Jean Illsley Clarke), and Kids, Parents, and Power Struggles (Mary Sheedy Kurcinka). Student-teaching completed in District 196 included an ECCE sleep class and curriculum development with Mary Sheedy Kurcinka.

June 1999

Way to Grow, Mpls., MN

Four-week, 40/hr per week training on parenting/prenatal education, group facilitation and information on child growth and development, temperament, age-appropriate activities/toys, nutrition, health and home safety, father's issues, Parent/Child interactions, community resources/outreach and school readiness. In addition, I went through numerous on-going education/training on home visiting, health realization, couples issues, parenting studies, and cultural diversity and outreach to diverse populations.

October 1998

University of Minnesota, Mpls., MN

Bachelor of Theater Arts, GPA 3.8

Theatre arts degree with emphasis in social science including Developmental and Abnormal Psychology, Clinical Child psychology, Statistical Methods, and Social Welfare.



PRESENTATION HIGHLIGHTS

2019	<p>NAEYC PLI</p> <ul style="list-style-type: none"> Evidence-based strategies to decrease stress, increase joy, and enhance your work as a trainer and coach
2023-2024	<p>NYAEYC Annual Early Childhood Conference</p> <ul style="list-style-type: none"> Welcoming Keynote: Finding Joy - Reduce Stress, Break Through Barriers, and Set Boundaries So You Can Increase Your Joy Factor at Work and at Home! Featured Session: Reducing and Addressing Toddler Aggression Past Conference Breakouts: Decrease Stress, Promoting Self-Control, and Terrific Toddlers! 2, Setting Effective Limits and Get Toddlers to Follow Them.
2022-2024	<p>National HeadStart Association Conferences</p> <ul style="list-style-type: none"> Parent and Family Engagement Conference, Dec 2022 <ul style="list-style-type: none"> Collaborating with Families Parts 1-3! NHSA Annual Conference 2023: Deceasing Stress, Taming Those Terrific Toddlers, and fill-in for Supporting Children through Trauma NHSA Annual Conference 2024: Being the Star You Are! Mastering Stressful Moments so You can Truly Shine!
2022-2024	<p>University of Wisconsin-Stout 45th Annual Early Childhood Conference</p> <ul style="list-style-type: none"> Keynote: You Deserve Joy! Breakouts: Taming Those Terrific Toddlers, Decrease Stress, Promoting Self-Control
2009-2024	<p>Southern Minnesota Initiative Early Childhood Conferences</p> <ul style="list-style-type: none"> Three Keynotes, numerous breakouts a year. SMIF's has invested and collaborated since 2015 has brought our region three Keynotes, numerous breakout sessions, staff trainings, workplace education for parents, Early Childhood Initiative trainings and live webinar series that 100% of participants recommend!
2023	<p>ND Out-of-School-Time and Early Childhood Summit</p> <ul style="list-style-type: none"> Keynote: Finding Joy - Reduce Stress, Break Through Barriers, and Set Boundaries So You Can Increase Your Joy Factor at Work and at Home! Breakout: Working with Challenging Behaviors to Get the Behaviors You Want, and Stop Those you Don't!
2019-2024	<p>MNAEYC Annual Early Childhood Conference</p> <p>Many years of collaboration for annual conference and leadership conference</p> <ul style="list-style-type: none"> Who me? Lead a Staff?! From Surviving the Thriving in Your New Leadership Role Promoting Self-Control and Attention Skills Collaborating with Families through Conflict and Differences in Caregiving Practices Building a Strong Team Reducing and Addressing Toddler Aggression Finding Joy
2018-2023	<p>Provider's Choice: Gather and Grow Early Childhood Conference</p> <p>Several Years - Both Virtual and In-Person</p> <ul style="list-style-type: none"> 2018 Keynote In-Person: Mastering Stressful Moments 2019 Breakouts: Encouraging Emotional Intelligence and Promoting Healthy Self-Esteem 2020 Virtual Keynote: Finding Joy 2023 All-Staff Training: Decrease Stress, Enhance Joy, and Find Success, Today!
2017-2024	<p>Kids First Early Childhood Conference</p> <ul style="list-style-type: none"> 2017 Keynote: Promoting Self-Control in Young Children 2021 Keynote: Decrease Stress , Enhance Joy, and Increase Success, Today! 2024 Keynote In-Person - Finding Joy: Reduce Stress, Break Through Barriers, and Set Boundaries So You Can Increase Your Joy Factor at Work and at Home! Breakout: Taming Those Terrific Toddlers!
2018-2024	<p>Concordia Early Childhood Conference</p> <ul style="list-style-type: none"> Years of full breakout sessions 2023 keynote Finding Joy!