



**EARLY CHILDHOOD EDUCATOR  
AND CHILD CARE WORKER  
APPRECIATION DAY**

*Stand By Me*

Celebrating our Heroes of the  
Early Learning and Child  
Care Sector!



**OCTOBER 23RD, 2025  
7:00-8:30PM VIA ZOOM**

**FEATURING:**

Allan Faigal

RECE and Movement specialist

**CLICK BELOW TO REGISTER:**

**eventbrite**



## About the event:

Mixing humor and introspection, Alan will draw on his experiences as an ECE and Community Wellness Animator to offer an engaging/validating keynote and wellness session that celebrates the impact of the Early Years profession.

### Keynote Highlights:

- Mindful Movement Exercises from seated positions
- Understanding how stress can affect our health on all levels
- Practical tips on self-care/community care which can be worked into ECE programming
- Creative movement and Dance Based activations to turn your space into a celebratory dance party!

Let us honour you for all that you do and all that you are...did we mention there will be dancing?!

## About Alan

*Diploma ECE (Sheridan College), BA (Toronto Met), MA (OISE)*

Alan Faigal is an educator, dancer and community animator with a proud professional scope rooted in early childhood education. Alan has also worked in academia as a lecturer and learning strategist for both University and College spaces (Early Childhood Studies and Theatre Drama Studies). Proudly born and raised in Scarborough ON to immigrant newcomer parents who started a new life in Canada upon leaving The Philippines in the 1970s.

Alan has been a movement specialist in the fitness/wellness industry for over 25 years. As a former canfitpro PRO trainer, he trained and certified group fitness instructors in various disciplines.

He is Program Manager for Outside Looking In and Community Animator for Culture Shock Canada. Alan's dance education has been in Hip Hop, club inspired genres and Bollywood. He has performed and studied Indian and Bollywood Dance with Lopa Sarkar and Divine Heritage Artistry. Dance floors and academic lecture halls are avenues for his dynamic teaching methods.