

CFLE (Certified Family Life Educator) in the Workplace

Patrice Powers-Barker, CFLE
 Extension Educator, Family and Consumer Sciences
 Ohio State University Extension, Lucas County
powers-barker.1@osu.edu
 County webpage: <https://lucas.osu.edu/fcs>
 Blog: <https://u.osu.edu/powers-barker.1/>

Suggested Readings:

Myers-Walls, J. A., Ballard, S. M., Darling, C., & Myers-Bowman, K. S. (2011). Reconceptualizing the domain and boundaries of family life education. *Family Relations*, 60, 357-372.
www.ncfr.org/sites/default/files/domains_article_fr.pdf

Kirby Wilkins, J., Taner, E., Cassidy, D. & Cenizal, R. (2014). Family Life Education: A profession with a proven return on investment (ROI). National Council on Family Relations, white paper.
www.ncfr.org/sites/default/files/ncfr_white_paper_family_life_education.pdf

Organizations:

- OSU Extension extension.osu.edu (Cooperative Extension, a non-formal educational outreach provided by the state's designated land-grant universities)
- National Council of Family Relations <https://ncfr.org> (professional organization and provides the CFLE credential)
- American Association of Family and Consumer Sciences (FCS) video: www.aafcs.org/about/about-us/what-is-fcs/what-is-fcs-video

Tools:

- All Kinds of Families elisegravel.com/en/blog/diverse-families/
- Family Life Education Methodology: The Planning Wheel go.osu.edu/fcsfle
- Family Life Education Framework, Across the Lifespan go.osu.edu/fcsfle
- Mindfulness
 - Three Senses Mindfulness Activity <https://blissfulkids.com/three-senses-mindfulness-activity-kids-teens-grown-ups/>
 - Mindfulness Idea Starter, cpb-us-w2.wpmucdn.com/u.osu.edu/dist/b/7275/files/2020/08/Mindfulness-Ideas-and-Activities.pdf

More Questions Than Answers?

What helps you?

Who helps you?

Who do you help?

