

## **Mentor biography:**

Name: Cathy Kowalski

Education level: A.A. Early Childhood

Areas of expertise: I am currently the director of a developmental preschool in Post Falls, Idaho. I have over 11 years of experience in early childhood education. My expertise is varied and includes but not limited to program management and accreditation, team building, early childhood development, guidance, environment, health and safety, family partnerships, inclusive practices, observation, assessment and curriculum development, mentoring, assessment of programs utilizing the environmental rating scales, Idaho Stars approved trainer and Child Development Associate advisor. I have considerable experience working with children of all abilities and their families with a primary focus on birth to 5 years of age.

Number of years in the early care and education field: 11 years

Regions in which I would like to mentor/coach: Region 1

What mentor/coaching means to me: Early care and education is a very rewarding field but is also one of the most demanding. Mentor/coaching is an opportunity for me to provide support and resources to early care and education professionals and allows me to share my knowledge and learn new ideas along the way. The relationships that are built during this process and the positive impact that our combined efforts have on the quality of services to the children and families are the reason that I am committed to mentoring.

