



## **Mentor biography:**

**Name:** Tera Armstrong

**Education level:** BA Early Childhood/Special Education, Specialized Associate Professional  
Preschool Education

**Areas of expertise:** Environments, children with special needs, curriculum, child development,  
QRIS program participant,

**Number of years in the early care and education field:** 6

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

**What mentor/coaching means to me:** Those who work with young children are some of the busiest, hardest-working people I know. Sometimes you want to make things better or just make a change. The demands of work and life can make it difficult to accomplish even the smallest goals. I feel that accomplishing goals is like exercise: it is best done with a partner. With mentoring/coaching you get a personal trainer to help you achieve your ideal results.