

SSN

MARCH 15, 2022

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AGENDA

- Intention setting
- Community Agreements
- Resiliency Check-In
- What's in your toolbox
- Energy Self-Assessment
- Breakout Groups
- Video
- Breakout Groups
- Closing



INTENTION-SETTING

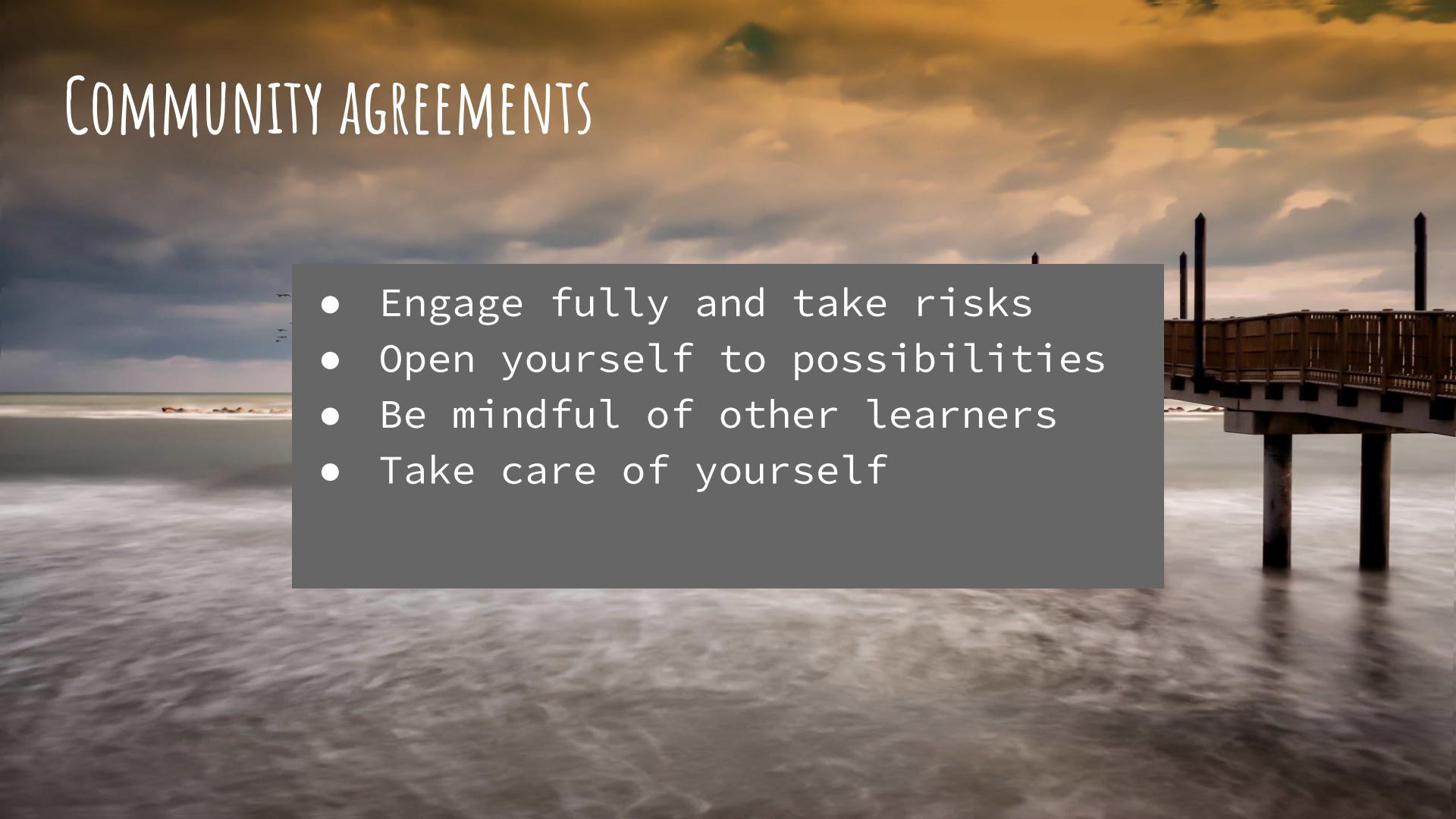
- What would help you get the most out of our time together?

Examples:

- I want to take a learner's stance
- I want to take risks
- I want to connect with colleagues

COMMUNITY AGREEMENTS

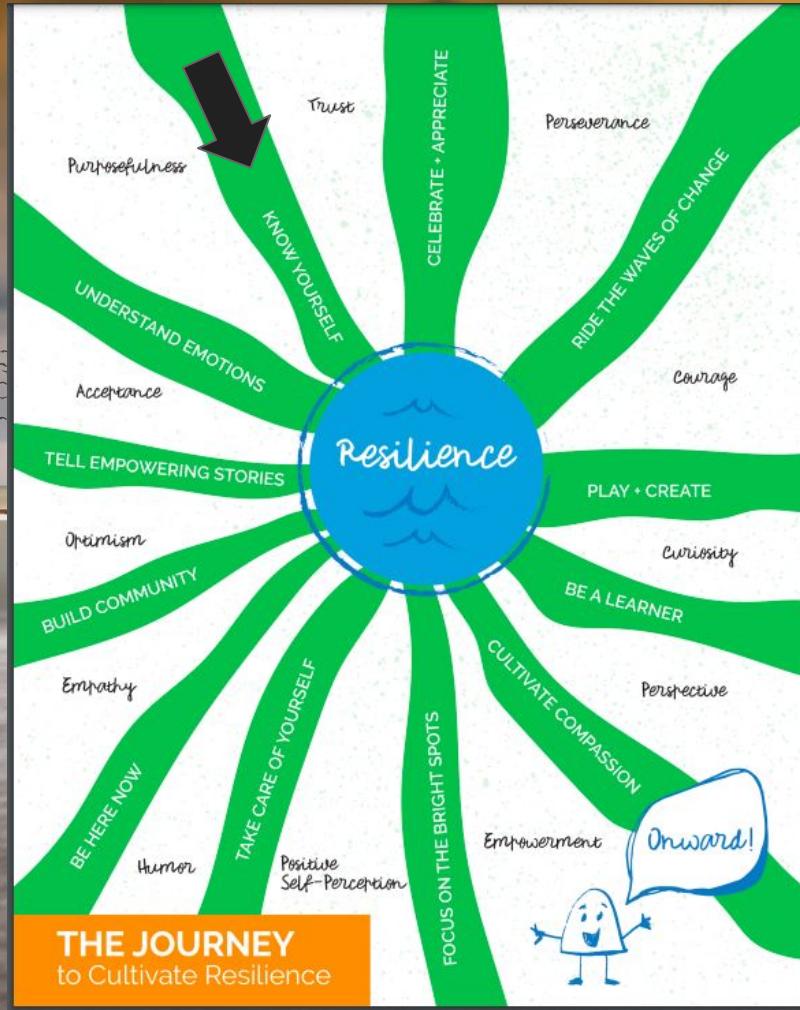
- Engage fully and take risks
- Open yourself to possibilities
- Be mindful of other learners
- Take care of yourself



2 MINUTES TO RESILIENCY



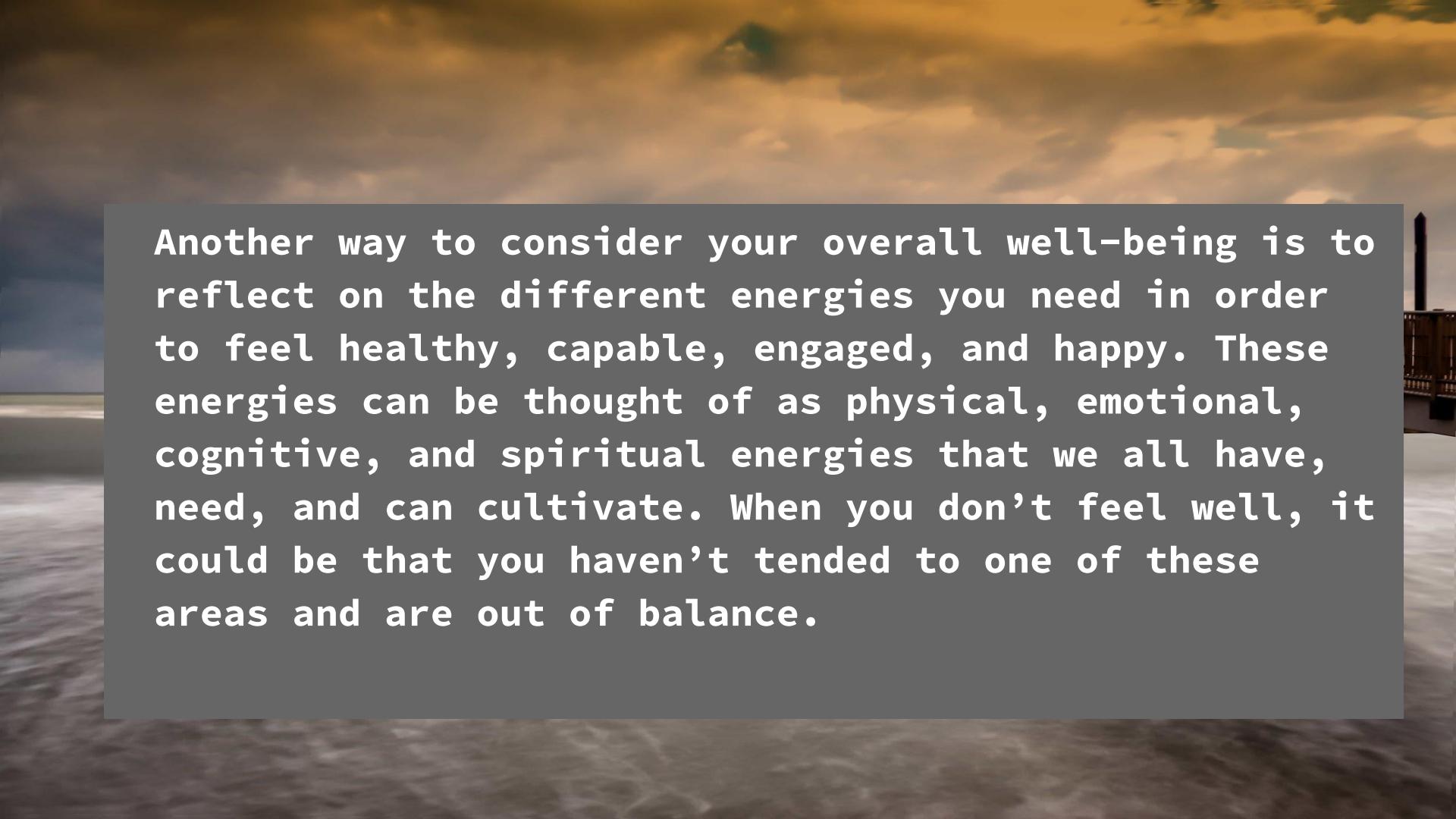
RESILIENCE PIE



WHAT'S IN YOUR TOOLBOX?

What strategies do you currently use to manage the stresses and challenges you face at work?

What are your coping mechanisms?



Another way to consider your overall well-being is to reflect on the different energies you need in order to feel healthy, capable, engaged, and happy. These energies can be thought of as physical, emotional, cognitive, and spiritual energies that we all have, need, and can cultivate. When you don't feel well, it could be that you haven't tended to one of these areas and are out of balance.

ENERGY CHECK

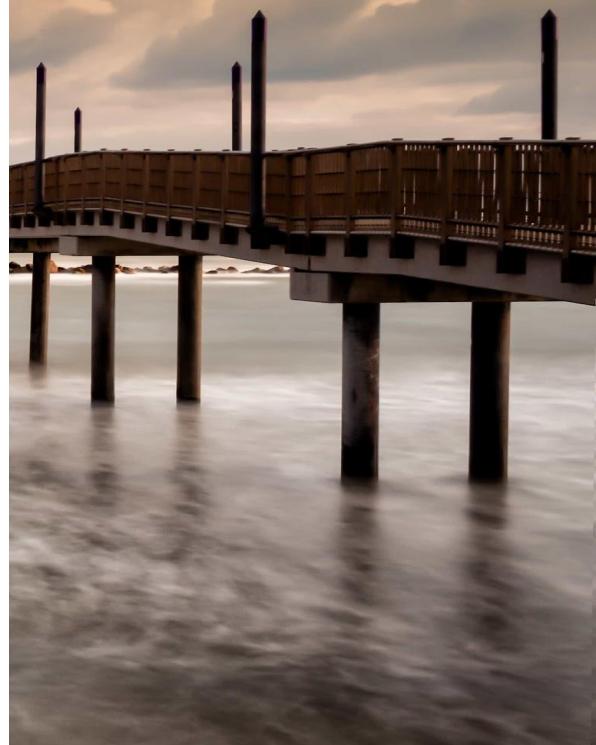


Energy Check-In

Another way to consider your overall well-being is to reflect on the different energies you need in order to feel healthy, capable, engaged, and happy. These energies can be thought of as physical, emotional, cognitive, and spiritual energies that we all have, need, and can cultivate. When you don't feel well, it could be that you haven't tended to one of these areas and are out of balance.

Use this reflection tool every few months to check in on your energy. It can help you see where you're doing well in caring for your energy and which dimension might need some attention. You can also download it from www.onwardthebook.com.

| Dimension | | On a 1-5 scale, rate your agreement with the statement | Dimension Total |
|-----------|---|---|--------------------|
| Body | I sleep for at least eight hours and wake up feeling rested. | | |
| | I eat a nutritious breakfast almost every day. | | |
| | I exercise at least three times a week. | | |
| | I take little breaks during the day to recharge, and/or I stop work to eat lunch. | | |
| Emotions | I usually feel calm, patient, and content at work. | | |
| | I have enough time with my family and friends, and when I'm with them I feel fully present. | | |
| | I have enough time in my life for the activities that I love doing the most. | | |
| | I regularly stop to appreciate what I have and to relish my accomplishments. | | |



HOW DID THAT GO?



LOOKING AHEAD: GOAL SETTING FOR THE END OF 2022

“Who are you?” said the Caterpillar...”I – I hardly know, Sir, just at present. Alice replied rather shyly, “at least I know who I was when I got up this morning, but I think I must have changed several times since then.”

–Lewis Carroll

WHAT REALLY MATTERS? HOW DO WE WANT TO EXPEND OUR ENERGY?

Goal:

Reality:

Obstacles:

Options:

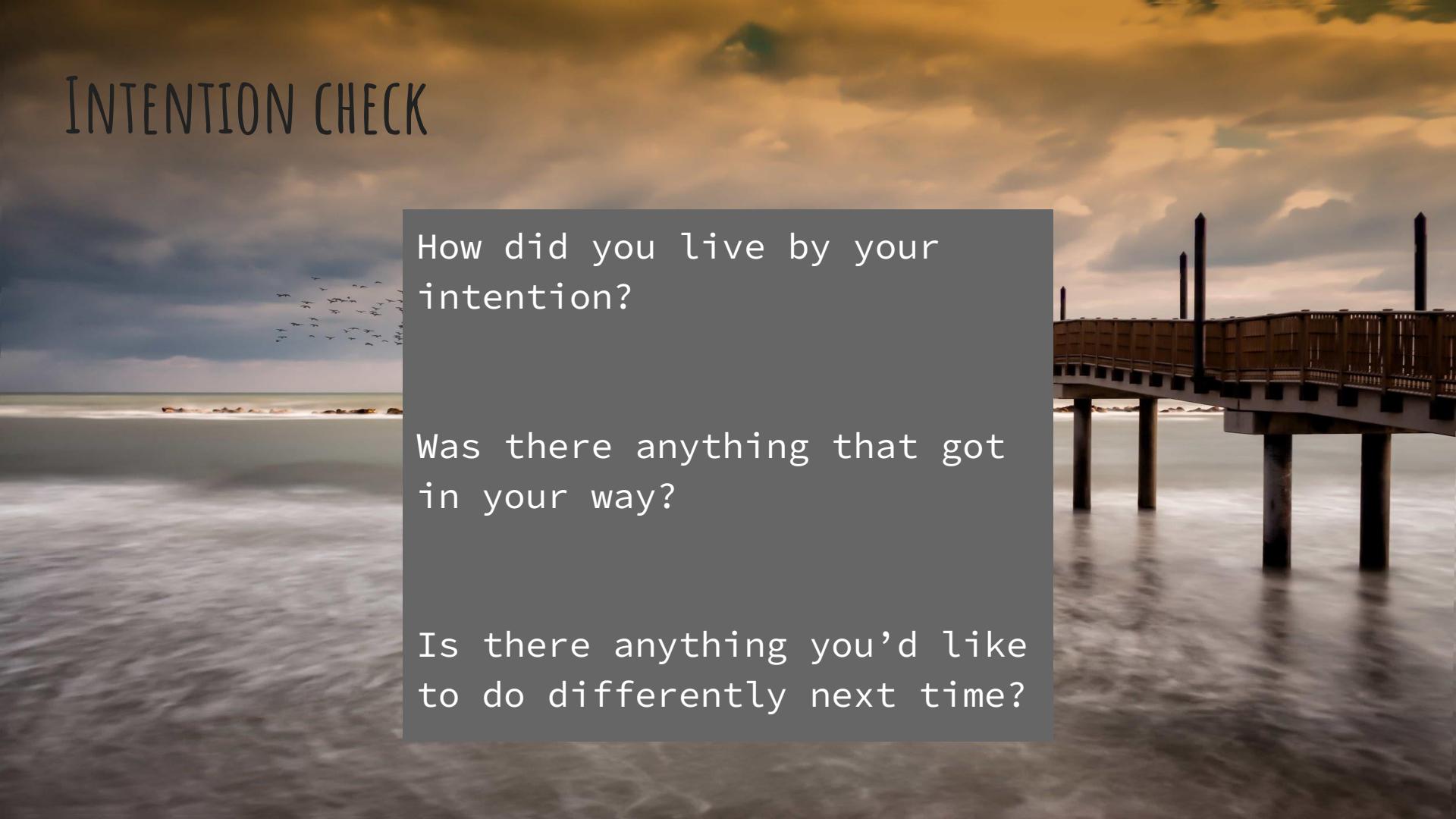
Way Forward/will:



LET'S SHARE



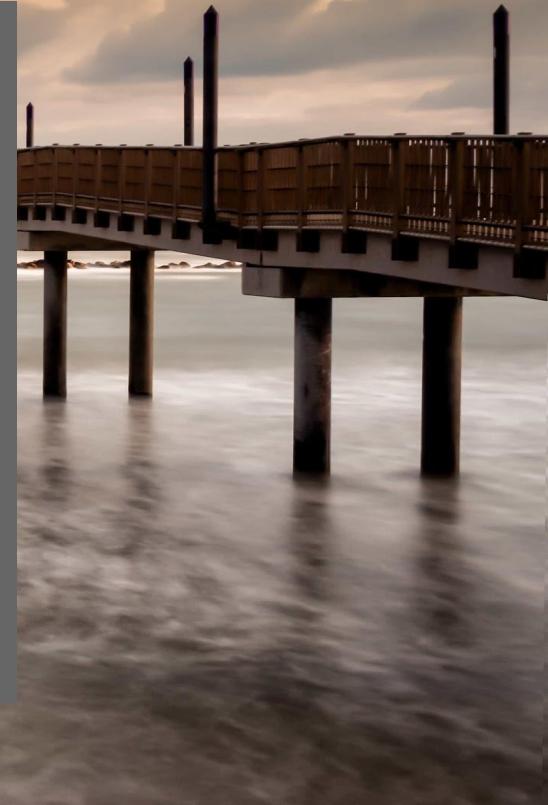
INTENTION CHECK



How did you live by your intention?

Was there anything that got in your way?

Is there anything you'd like to do differently next time?



CLOSING ACTIVITY

I SPY

