

Helping HPOG Participants Build Resilience

Day 2

- 8:00 am **Registration**
- 8:30 am Introduction
- 9:00 am Executive Function and Executive Skills
- Defining Executive Function and Executive Skills
 - Trauma and Adverse Childhood Experiences (ACEs)
 - Impact of Stress and Trauma on Executive Function
- 9:45 am Intro to Coaching
- PCG Human Services Coaching Framework™
 - Why Coaching?
 - Person-Centered: First Pillar
- 10:15 am **Break**
- 10:30 am Relationship-Based: The Second Pillar of Coaching
- Active Listening
 - Powerful Questions
- 11:00 am Goal-Driven: The Third Pillar of Coaching
- Setting Goals
 - Scaling
 - Correspondence Training (verbalizing your goals)
- Noon **Lunch**
- 1:00 pm Helping HPOG Participants Build Resilience

Roundtable Meeting



Health Profession Opportunity Grants

OFFICE OF FAMILY ASSISTANCE

- Strategies for Success:
 - Praise and Affirmation
 - Storytelling Style
 - Reducing Cognitive Load

2:15 pm Break

2:30 pm Coaching Through Setbacks

- Strategies for Success:
 - Employ a Growth Mindset
 - Practice Self-Compassion
 - Use Positive Self-Talk
 - Avoid Compassion Fatigue
 - Establish Boundaries

3:30 pm Reflect and Plan

- HPOG Site Team Planning

4:15 pm Wrap-up

- Take-aways
- Evaluation

4:30 pm Adjourn