

Roundtable Meeting



Health Profession Opportunity Grants

OFFICE OF FAMILY ASSISTANCE

Thriving in Uncertainty: Delivering Extraordinary Service When It Matters Most

FEBRUARY 9-11 & 23-25, 2021

Agenda

Day 1—From Post-Traumatic Stress to Post-Traumatic Growth: Self-Awareness Is the New Black!

- 12:45 pm** **Opening/Tech Check**
Attendees can join early to test the Zoom technology.
- 1:00 pm** **Welcome from the HPOG Program and Purposeful Connection Activity**
*Seth Chamberlain, Acting Division Director for State and Territory TANF Management,
Office of Family Assistance
Kailiah Thomas, HPOG Program Specialist, Office of Family Assistance*
- 1:25 pm** **Roundtable Overview and Purpose**
Nicole Bossard, PhD, President and Positivity Strategist, TGC Consulting, Inc.
- Overview of the three-day roundtable.
 - Outline why a resilience-centered approach is crucial for HPOG professionals at this unprecedented time of change.
- 1:40 pm** **Discovering Resilience Best Practices**
Nicole Bossard, PhD
- An interactive exercise to highlight foundational resilience practices.
- 2:25 pm** **Break**
- 2:35 pm** **Practical Tools and Resources**
*Robyn McCulloch, MSC, PCC, MS, Chief Energy Officer, The Confluence, LLC
Megan Corey, Health Coach and Wellness Expert, Healthy Like a Boss, LLC*
- Presenters will share practical tools to manage stress, build resilience in real time, and anchor new habits for sustained benefit.
- 3:40 pm** **Building a Personal Resilience Resource Plan**
Nicole Bossard, PhD
- Participants will use the information and tools from the day to create an individualized resilience plan.
- 3:50 pm** **Wrap-up/Close**
- 7:30 pm** **Watch Party—Glory Road (participation is not mandatory)**
Hosted by: Nicole Bossard, PhD
- This Movie Night/Watch Party is being hosted on Zoom to allow grantees to start thinking about the power of team resilience when facing impossible odds.

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Day 2—The Concentration Effect of Strengths: Bolstering Team Resilience in Times of Crisis

- 12:45 pm** **Opening/Tech Check**
Attendees can join early to test the Zoom technology.
- 1:00 pm** **Welcome from the HPOG Program**
Dvora Wilensky, HPOG Program Specialist, Office of Family Assistance
- 1:20 pm** **Day 2 Focus and Overview**
Nicole Bossard, PhD
- Transition the focus from self-awareness to team resilience.
 - Introduce the concept of appreciative resilience and its application in a team environment.
- 1:30 pm** **Unlocking Team Strengths in High-Stress Moments**
Nicole Bossard, PhD
- An interactive exercise to uncover strategies that grantees have used to successfully engage team strengths in stressful moments.
- 2:25 pm** **Break**
- 2:35 pm** **Practical Tools and Resources**
Michael Diettrich-Chastain, LPC, Founder and CEO, Arc Integrated
- Presenters will share practical tools staff can incorporate to nurture team connection and engagement and realign team focus during moments of intense stress.
- Linda Dolan, Chief Activator and Founder, LivJoyFully Consultancy*
- 3:40 pm** **Pulling Together When It's Tough: A Team Action Plan**
Nicole Bossard, PhD
- Participants will use the information and tools from the day to draft ideas to be incorporated by their own teams.
- 3:50 pm** **Wrap-up/Close**

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Day 3—Thriving in Uncertainty: A Strategic Approach to Supercharge Organizational Performance

- 12:45 pm** **Opening/Tech Check**
Attendees can join early to test the Zoom technology.
- 1:00 pm** **Welcome from the HPOG Program**
Priscila Silva, HPOG Program Specialist, Office of Family Assistance
- 1:25 pm** **Day 3 Focus and Overview**
Nicole Bossard, PhD
- Tie all the active and reflective learning together into a plan that strengthens resilience at all levels—self, team, and program.
- 1:35 pm** **Unleashing Organizational Resilience**
Nicole Bossard, PhD
- An interactive exercise to help HPOG program staff prioritize and maximize the power of resilience in program structures and processes.
- 2:10 pm** **Break**
- 2:20 pm** **Practical Tools and Resources: Design Strategies for Resilient Organizations**
Cynthia Whitaker, PsyD, MLADC, President and CEO, Greater Nashua Mental Health
Carolyn Colleen Bostrack, Executive Director, 1LifeFullyLived
- Presenters will share practical tools that staff—frontline and management alike—can build into their program processes to make resilience a front-and-center priority even during a pandemic.
- 3:40 pm** **Program Plan: Making Resilience a Priority for Everyone**
Nicole Bossard, PhD
- Program teams will build on the learning of all three days to create a preliminary action plan for baking resilience into the bricks of their program culture and processes.
- 3:50 pm** **Wrap-up/Close**