

Zoom 'Mindere

Change your name

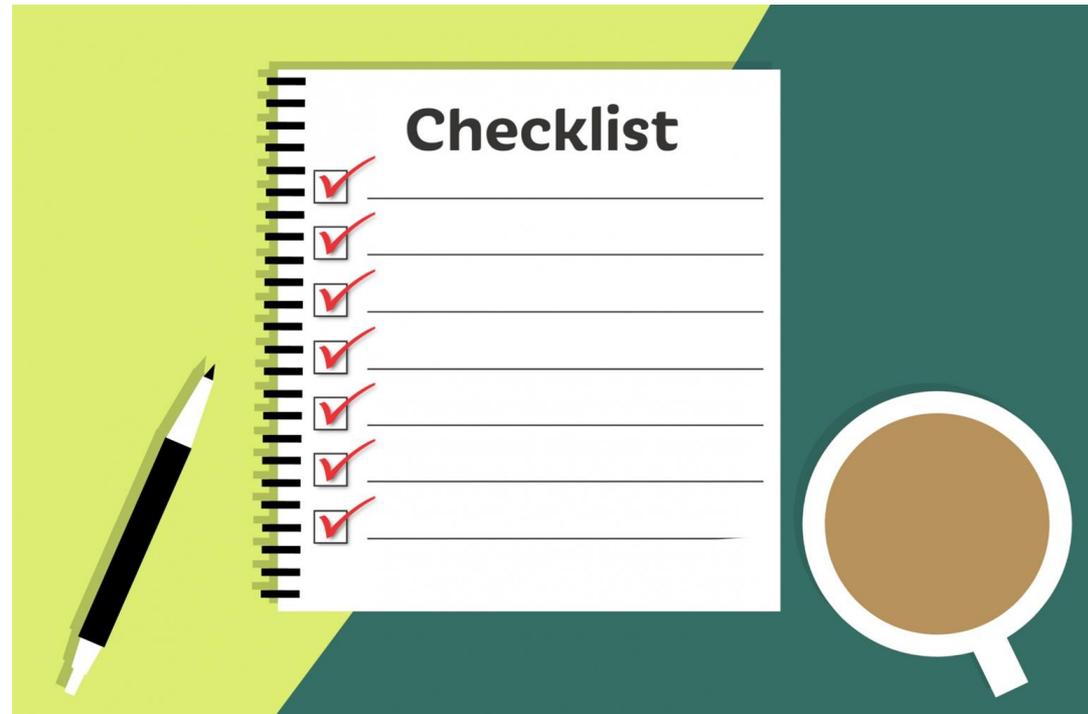
Double-check your mic
for mute

Cameras on

Make sure you have a
pen and notebook

Hydration & snacks
close by

Practice your views,
e.g., speaker, gallery,
full-screen, etc.



2021 HPOG Virtual Roundtable

Thriving in Uncertainty:
Delivering Extraordinary
Service When It Matters
Most

Building Pathways
to a Brighter Future



Health Profession Opportunity Grants

OFFICE OF FAMILY ASSISTANCE





!! Chat-terfall !!

**Resilience matters
now more than ever
because...**



Welcome from the Office of Family Assistance

Purposeful Connecting (PC)

Why is your participation in this virtual roundtable about thriving in uncertainty meaningful, important, or relevant...

...for you?

...your HPOG program?

...the larger organization where you work?

...the families and communities you serve?



PC Questions are also located on
Pg. 3 of your workook.



Roundtable Day 1:

From Post Traumatic Stress to Post Traumatic Growth: Self-Care Is the New Black!

1. Our Purpose at this Year's Roundtable
2. Key Objectives
3. Three-Day Flow
4. Thriving in Uncertainty: An Appreciative Approach
5. Guideposts and Guardrails
6. Tips for a Great Roundtable

Roundtable Purpose

Expand individual and collective capacity to thrive in uncertainty by learning practices that resilience.

Three-Day Flow & Objectives

Self

From Post Traumatic Stress to Post Traumatic Growth: Self Awareness Is the New Black!

Objective(s):

Share the genius of human brain's response to stress

Introduce simple ways to create better stress responses

Learn grab 'n go practices to build resilience

Team

Concentration Effect of Strengths: Bolstering Team Resilience

Objective(s):

Introduce innate buffers and safeguards present in every team

Learn how to activate team strengths to bolster team resilience

Learn strategies for building collective capacity to be resilient when it matters most

Program

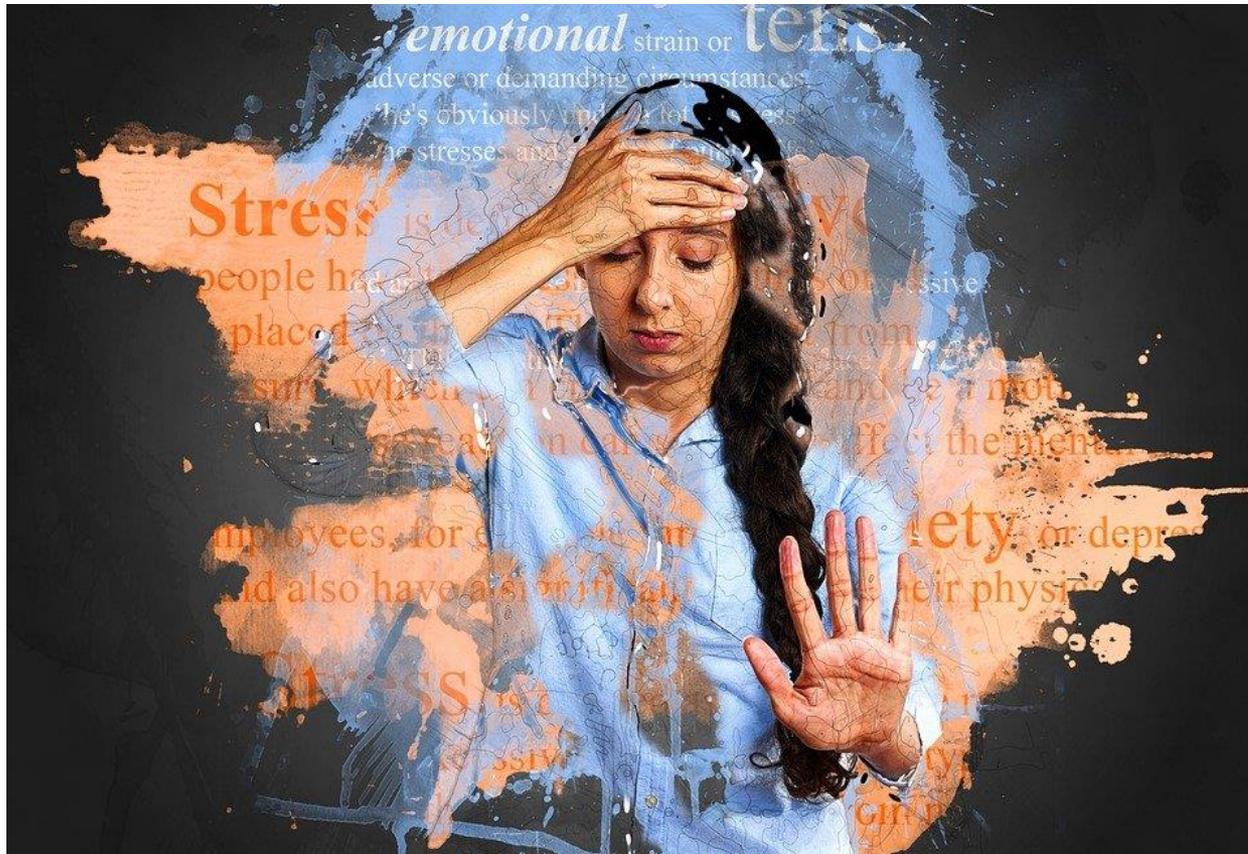
Resilience: A Strategic Advantage to Supercharge Organizational Performance

Objective(s):

Introduce essential strategies for making resilience a central priority in your HPOG program

Develop a high level plan to cultivate resilience throughout the organization

Thriving in Uncertainty: An Appreciative Approach



*“We only
need
resilience if
there’s a
crisis.”*

Dr. Dan Diamond,
International Disaster
Response Physician
(and retired Street Mime)

Thriving in Uncertainty: An Appreciative Approach

“thrive’, v.”

“...grow or develop well or vigorously”

“resilienc-*ing*’, v.”

“...practices to cultivate an ever expanding individual and collective capacity to adapt, bounceback, and rise despite adversity”

“2021

appreciative inquiry’, v.”

“...inquiry into what gives life in the midst of tragedy”

Thriving in Uncertainty: An Appreciative Approach

Our
invitation
to you...



Your Resilience Story

Think about a time when you overcame a *significant challenge*, something beyond what you thought you could handle BUT you came through it better, stronger, wiser, than before the challenge. This could be personal or professional; pre-COVID or not.

10 MIN

Take a well-earned revitalization break...

- Move
- Hydrate
- Return





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From Post Traumatic Stress to Post Traumatic Growth: Self-Care Is the New Black!

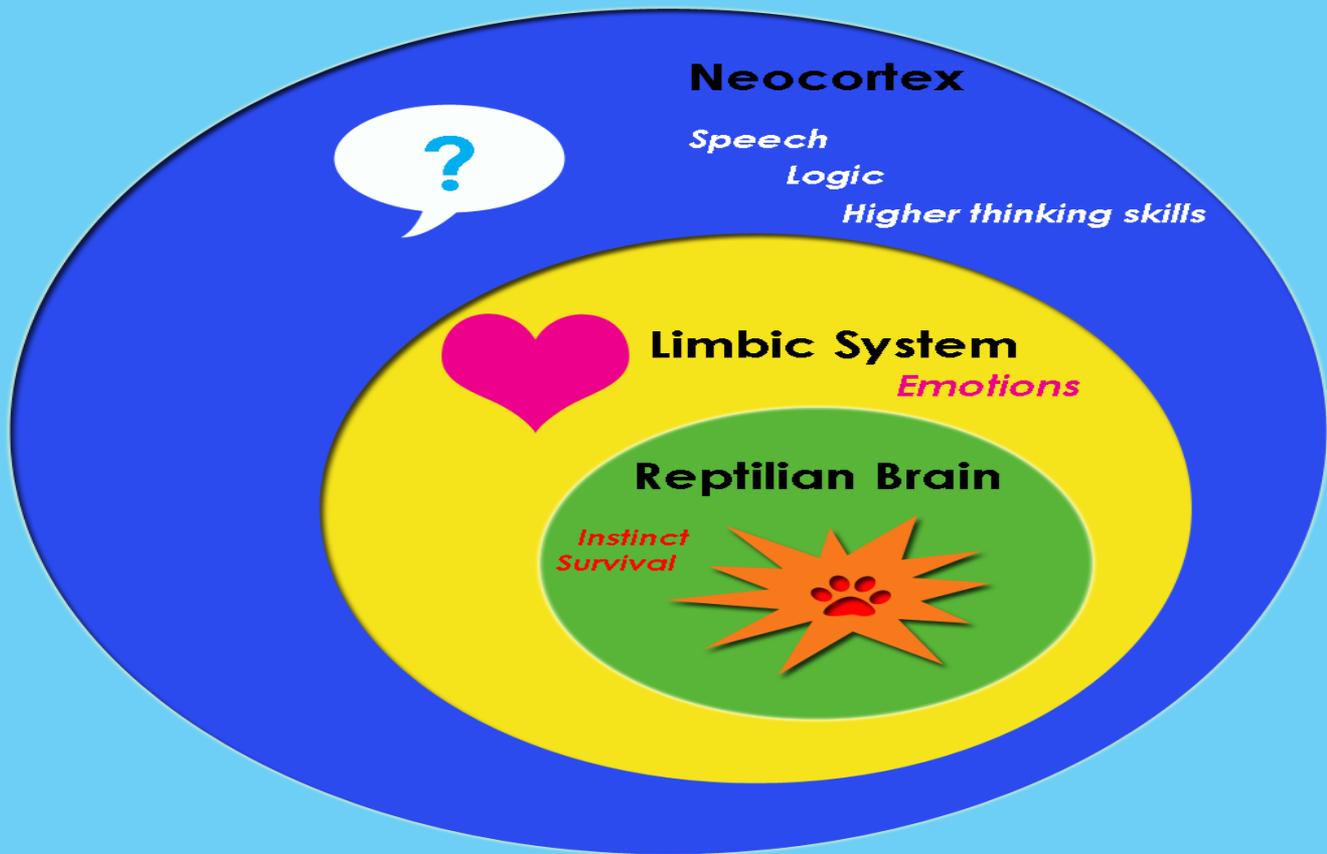
From Post Traumatic Stress to Post Traumatic Growth

Self-Care | Self-Awareness | Resiliencing Connecting the Dots

- Our hard-wired responses to stress disruptors
- Practices that interrupt cycles of stress and give us access to better choices and outcomes
- Distinguishing self-care, self-awareness, and resilience

From Post Traumatic Stress to Post Traumatic Growth

The Triune Brain Model





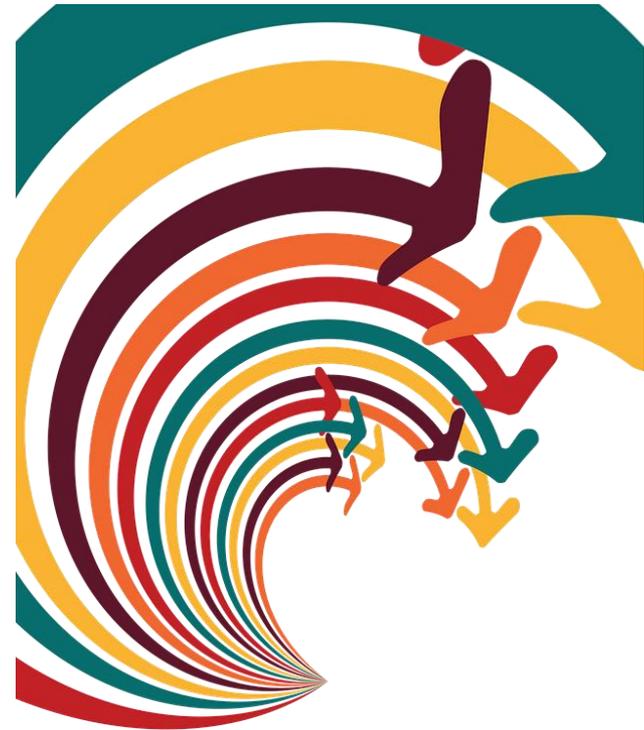
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Resilience: It Starts with YOU

Grab 'n Go Tools and
Resources for Practicing
Resilience

Body/Mind Awareness
Centering: The Body's
Innate Wisdom to
Reduce Stress

Robyn McCulloch, MSC,
PCC, MS



Centering: The Body's Innate Wisdom to Reduce Stress

*presented by
Robyn McCulloch, Leadership Coach*

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You Are What You *Practice*

Practices re-shape the psychobiology - the Self.

- *What are you practicing?*
- *Are your practices creating the results and relationships you want?*

Somatic practices build a Self that can reliably take relevant skillful action.

Developing a Centered Presence

- Body scan: Notice ‘what is’ (*a felt sense vs. thinking*)
- Sensations
 - Temperature, movement, internal organs, pressure
- Pause for a breath
 - Focus on deep exhale
- Center along dimensions of
 - Length: Dignity
 - Width: Social domain; managing multiple commitments
 - Depth: What matters most; organizing principle
- Collect yourself in what you care about
- Take action from center with dignity

‘What can I add to my practice playlist?’

Take a min to write down:

- what energizes me
- what inspires me
- what might strengthen my RSPs or give me faster access to them under pressure



4 Key Habits of a Healthy Lifestyle



1. Mindful Eating
2. Move Your Body
3. Quality Sleep
4. Mindset Shifts

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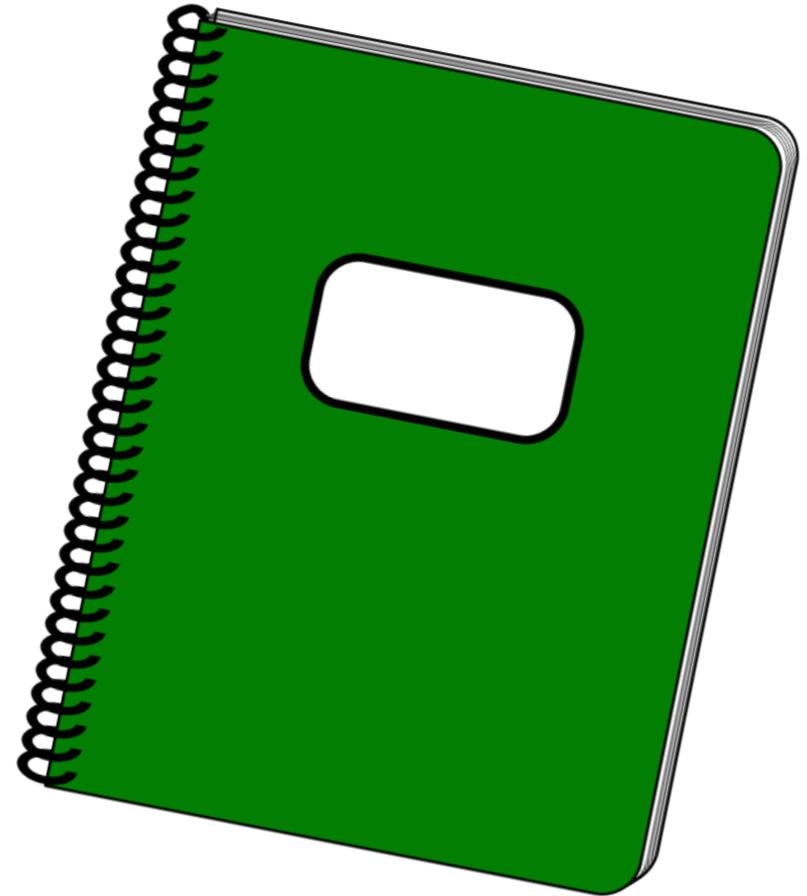


3 Healthy Habit Changes You Want to Start Today...

1. What are 3 Things YOU want to start today?
2. How are you going to implement these?
3. What do you need to do to start?

Active Learning Cycle: Reflection & Planning

- What's the biggest insight/aha/reminder I learned from Robyn and Megan?
- What 1-2 practices will I activate (for my body and mind) in my personal self-care plan?
- What practices will nurture my RSPs (revisit My Resilience Story notes)?
- What's a small step I can take this evening? Tomorrow? Next week?



That's a Wrap...almost!

- Day 1 High Points and Summary
- Feedback
- Day 2 Preview
- **ONE MORE THING!!!**



One more thing...

!!!MOVIE NIGHT!!!

Join me this evening at
7:30PM, ET to start
thinking about the power
of team resilience under
impossible odds!

Put #MovieNight in the
chat so we can see how
many people might attend!

Doors open at 7:25PM, ET

