

Staff Support



Circle Agenda

Circle Topic	CR Section 9: Wellness and Resilience Strategies: Spirit
<p>Planning</p>	<p>Send the introduction document from Section 9 in the online toolkit at least 4 days prior to the circle to all participants.</p> <p>Hold a meeting with leadership to prepare for this section and invite the leader(s) to consider the following:</p> <ol style="list-style-type: none"> 1. This section begins the wellness practices portion of the toolkit. Your participation in the conversations as a peer-learner for personal wellbeing will provide opportunity for you to make authentic and personal connections with the group. 2. The wellness sessions should give you insight into potential wellbeing supports that you can offer to all staff. <p>For the full leadership preparation document, please visit this page.</p>
<p>Purpose of Circle/ Learning Objectives</p>	<p>We are learning to balance work, rest, and play and the value of connecting to our mission on a daily basis.</p>
<p>Materials/ Preparation/Time</p>	<p>Time: 45-50 minutes</p> <p>Materials:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Circle kit <input type="checkbox"/> Values and shared agreements created in first session <p>Set-up: Up to 15 chairs arranged in a circle without furniture in the middle.</p> <p>To consider: Understanding Your Social Location as a Facilitator – Active Bystander Intervention: Training and Facilitation Guide.</p>

Wellness and Resilience Strategies: Spirit

Section 9

Circle Topic	CR Section 9: Wellness and Resilience Strategies: Spirit
Welcome/Check-In (5 minutes)	<p><i>"My mission in life is not merely to survive, but to thrive; and to do so with some passion, some compassion, some humor, and some style."</i> – Maya Angelou</p> <p>(Go-around) What word in the quote stood out to you and why?</p>
Grounding/Wellness Practice (5 minutes)	<p>Guided Meditation for Relaxation</p> <p>Guide participants through a grounding exercise. Ask them to sit with both feet on the floor, backs straight but relaxed and away from the back of the chair, palms on knees, and eyes either closed or softly open. If eyes are open, it is helpful to focus on the circle centerpiece.</p> <p>In a calm and soothing voice, guide them to relax their minds and bodies. Ask them to quiet their minds by simply noticing when thoughts come into their minds and allow them to leave without attention to them. Guide them to relax their bodies from head to toe, one area of their bodies at a time.</p> <p>If you would like to consider a different grounding practice, please review the mindfulness appendix for additional suggestions.</p>
Review (5 minutes)	<p>During our last circle, we covered the mind sector of the toolkit where we looked at mindful self-awareness, the role our sense of competency plays in our job satisfaction and shared some tips on organization. Today, we're going to move on to the spirit sector of the toolkit.</p>
Self-Care for CR, Part One and Guiding Questions (10 minutes)	<p>Balancing rest, play, and work is one area of the wellness compass's spirit sector. The grounding activity we did was a chance for us to practice restfulness and relaxation.</p> <p>(Go-around) What is a way you find joy or rest in your workday?</p>
Self-Care for CR, Part Two and Putting it into Practice (15 minutes)	<p>Explain: In the spirit sector of the toolkit we look at our core values and our ability to balance rest, play, and work. For many of us, our career selection was based on our core values and we find meaning when our values are evident in the outcomes of our work. For instance, if respect is a value and through my work people are learning to be more respectful, my value is evident in that result. Compassion fatigue can occur when we do not feel like what we are doing is making a positive impact on those we seek to serve according to our values. This may feel like we are not serving our purpose. In order to support our spirit, we need to see evidence that we are making a difference in the lives of those we serve and to understand that they have a reservoir of resilience that, when combined with effective supports, can lead to successful and satisfying lives.</p> <ol style="list-style-type: none"> (Go-around) What led you to your field of work? (Reflection) Reflect on a leader in your current or past experience who helped you make a clear connection between your work and the mission of the organization?

Wellness and Resilience Strategies: Spirit

Section 9

Circle Topic	CR Section 9: Wellness and Resilience Strategies: Spirit
Closing (10 minutes)	<ol style="list-style-type: none">1. (Open mic or choose what number of participants have enough time to share out) Share a story with a beginning, middle, and end about a time when you saw the fruits of your labor and experienced a positive outcome from your efforts working with others.2. (Open mic) How might we consciously seek out more positive stories about the impact of our work? <p>Bonus Activity: Suggest that the participants focus between sessions on either seeking out and sharing a positive story of the impact of the work or selecting and bringing into their workspace a visual that reminds them of the link between their work and their personal and organizational mission.</p>