



Inspired Boost Session:

Building Resilient Teams in Supervised Visitation Programs

November 16, 2021

Post Session Slides - Part 1

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A Moment of Pause & Appreciation



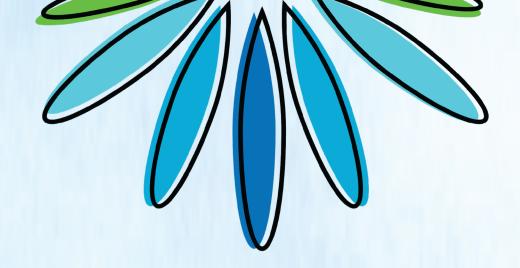
TED Talk "Beyond the Cliff"*

Lauren Van Dernoot Lipsky

https://youtu.be/uOzDGrcvmus

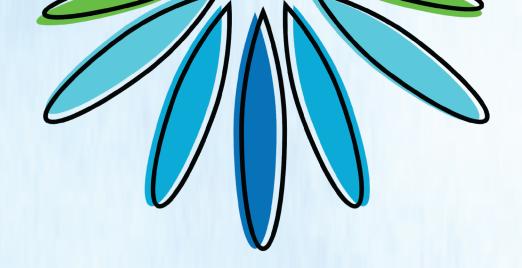


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A Moment to Think-Write-Reflect

- What resonated with you?
- What is one thing you want to hold?
- What is one thing you wish to further contemplate or ponder?



Breakout Session

Share what you are taking away from Lauren's talk.



Self-Reflection Exercise

Post Live Session Note - This activity is now closed - See the next slide to view the participant responses from the live session.



What can you do to come "alive" and be present?

I breathe. I pause.

Listen without thinking of answer

Compassion and communication with coworkers feels essential Exercise helps me a great deal to re-ground inside my body.

Don't overbook myself. Do the things I have to do first, then the things I want to do, and finally the things that other people want me to do.

allow to be silly

Set boundaries and keep them

Deep breaths, stretch breaks. Putting the phone down! Bake something. Go for a walk in woods

Listen to calming music