

Inspired Boost Session: Building Resilient Teams in Supervised Visitation Programs

November 16, 2021

Post Session Slides - Part 1

A Moment of Pause & Appreciation



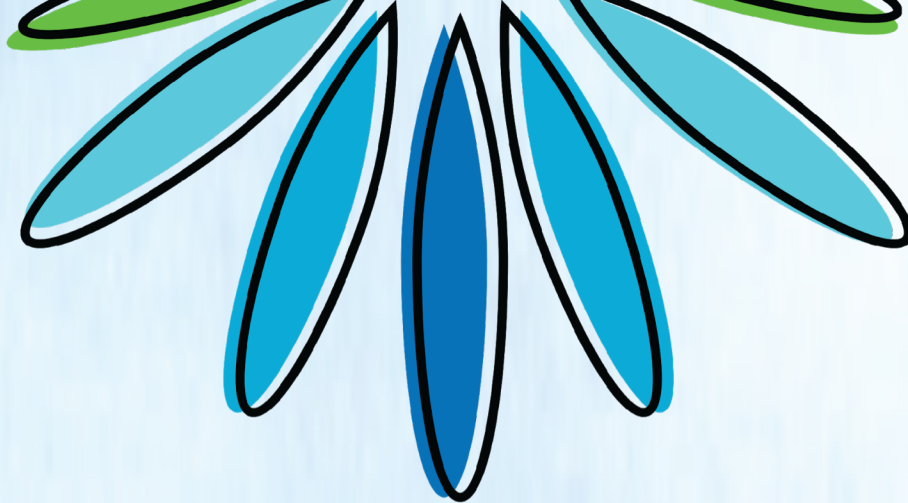
TED Talk “Beyond the Cliff”*

Lauren Van Dernoot Lipsky

<https://youtu.be/uOzDGrcvmus>

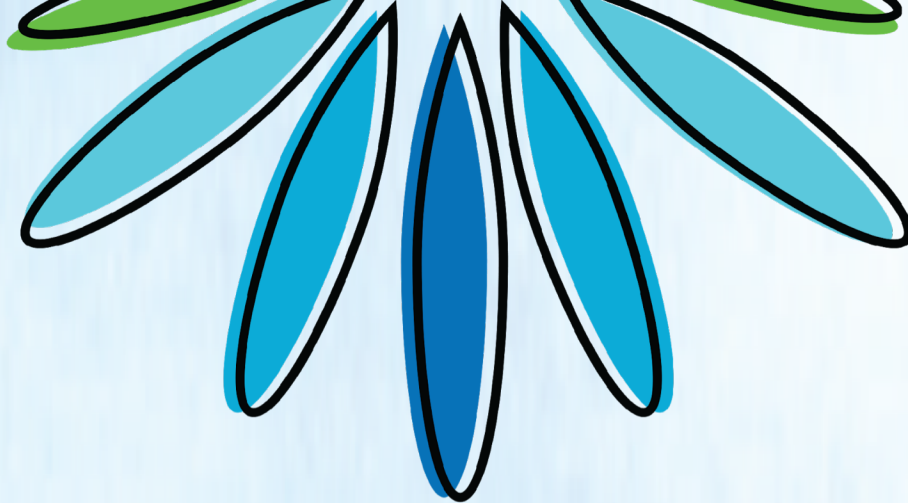


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A Moment to Think-Write-Reflect

- 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.

Exercise helps me a great deal to re-ground inside my body.

Set boundaries and keep them

Listen without thinking of answer

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.

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

Compassion and communication with co-workers feels essential

allow to be silly

Listen to calming music