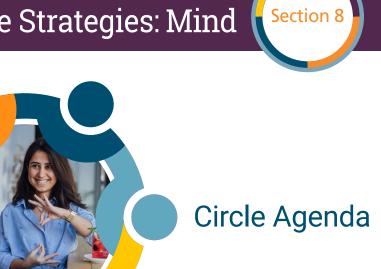
Wellness and Resilience Strategies: Mind



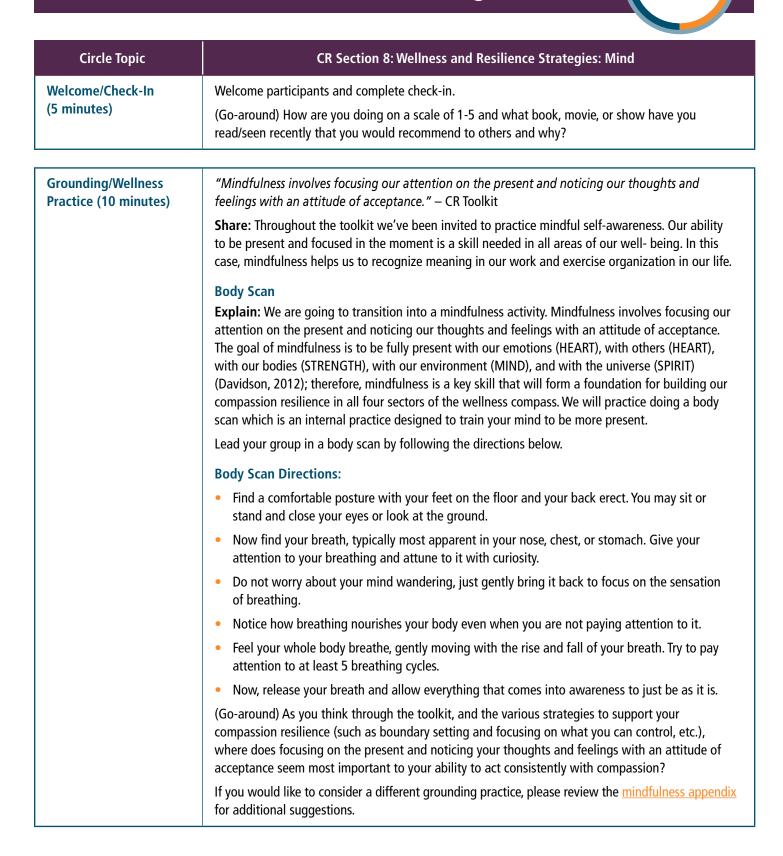
Staff Support

Circle Topic	CR Section 8: Wellness and Resilience Strategies: Mind
Planning	Send the introduction document from Section 8 in the online toolkit at least 4 days prior to the circle to all participants.
	Hold a meeting with leadership to prepare for this section and and invite the leader(s) to consider the following:
	 This section begins the wellness practices portion of the toolkit. Your participation in the conversations as a peer-learner for personal well-being will provide opportunity for you to make authentic and personal connections with the group.
	2. The wellness sessions should give you insight into potential well-being supports that you can offer to all staff.
	For the full leadership preparation document, please visit this page.
Purpose of Circle/ Learning Objectives	Let participants know they will be discussing their results of The Compass Assessment in the circle. Request that they bring their completed assessments to the circle.
	We are learning how to build resilience in the Mind area of the wellness compass.
Materials/ Preparation/Time	Time: 45-50 minutes
	Materials:
	Circle kit
	 Values and shared agreements created in first session Extra copies of the Compass Assessment
	Copy of the culture behavior agreements created last session to put in the middle of the circle
	 Write pair-share questions from Guiding Questions section on flipchart
	Pens/pencils
	Post-it notes for the check-out activity
	Set-up: Up to 15 chairs arranged in a circle without furniture in the middle.
	To consider : <u>Understanding Your Social Location as a Facilitator – Active Bystander Intervention</u> : <u>Training and Facilitation Guide</u> .
<u> </u>	

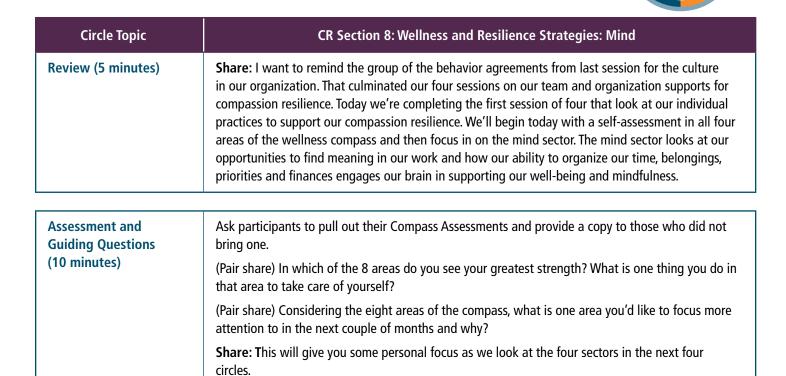
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Putting it into Practice (15 minutes)	Share: One key to our finding meaning in our work is being able to connect our unique areas of competence to our daily work. Practicing mindful self-awareness around our competence is often a tough perspective to take. Our peers can help us to grow our self-awareness around our own competence. The following activity will give us a chance to practice that.
	Power of positive word directions:
	• Have staff restate their first name and a favorite activity they like to do at work.
	 As each staff member describes the activity, the rest of the group writes down the person's name and a positive statement about that person's accomplishments, unique skill/aptitude, and/or a strength the person brings to the work environment on a post-it-note.
	• After every staff member has spoken and everyone has acknowledged an area of competence in each other they will hand those comments to their respective staff members. In the end, each staff member should receive a positive comment from each member of the group.
	• Allow staff a few minutes to read through their positive comments. Bring the group back together and take a moment of silence to reflect on "how it feels to be given positive comments about your strengths."
Closing (5 minutes)	(Go-around) What is one thing you will take with you from your experience in our circle today?
	Bonus Activity: To learn more about how to "organize your brain, your time, your workspace, and your projects," check out the following <u>blog</u> .

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