

Staff Support



Circle Agenda

Circle Topic		CR Section 9: Wellness and Resilience Strategies: Spirit
Planning	Send the <a href="#">introduction document</a> from Section 9 in the online toolkit at least 4 days prior to the circle to all participants.	
Purpose of Circle/ Learning Objectives	We are learning to balance work, rest and play and the value of connecting to our mission on a daily basis.	
Materials/Preparation/Time	<p><b>Time:</b> 45-50 minutes</p> <p><b>Materials:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Circle kit</li> <li><input type="checkbox"/> Values and shared agreements created in first session</li> </ul> <p><b>Set Up:</b> Up to 15 chairs arranged in a circle without furniture in the middle</p>	
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>(Talking piece) <u>What word in the quote stood out to you and why?</u></p>	
Grounding/Wellness Practice (5 minutes)	<p><b>Guided Meditation for Relaxation</b></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>	

# Wellness and Resilience Strategies: Spirit



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<p><b>Grounding/Wellness Practice</b> (5 minutes) <i>(continued)</i></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><b>Review</b> (5 minutes)</p>	<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>	
<p><b>Self-Care for CR, Part One and Guiding Questions</b> (10 minutes)</p>	<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>(Talking piece) <u>What is a way you find joy or rest in your workday?</u></p>	
<p><b>Self-Care for CR, Part Two and Putting it into Practice</b> (15 minutes)</p>	<p><b>Explain:</b> 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"> <li>1. (Talking piece) <u>What led you to your field of work?</u></li> <li>2. (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?</li> <li>3. (Popcorn) <u>I'd like three or four examples, who is willing to share what that leader did?</u></li> <li>4. (Talking piece) <u>How could you remind yourself of the link on a daily basis?</u></li> </ol>	



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<p><b>Closing</b> (10 minutes)</p>	<ol style="list-style-type: none"><li>1. (Popcorn or choose what number of participants have enough time to share out) <u>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.</u></li><li>2. (Popcorn) <u>How might we consciously seek out more positive stories about the impact of our work?</u></li></ol> <p><b>Bonus Activity:</b> 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>