



<https://originstraining.org/>

## Workshop 1- Building & Communicating Your Vision

### Mindfulness

- Soothe Your Nervous System Card Deck by Gwynn Raimondi-  
<https://www.thegamecrafter.com/games/card-deck-soothe-your-nervous-system-by-gwynn-raimondi>

### Additional Resources

- SAMHSA's Concept of Trauma and Guidance for a Trauma-Informed Approach (includes the 4 R's & The Principles)-  
[https://ncsacw.samhsa.gov/userfiles/files/SAMHSA\\_Trauma.pdf](https://ncsacw.samhsa.gov/userfiles/files/SAMHSA_Trauma.pdf)
- Types of Stress- <https://originstraining.org/our-approach/#resilience>
- Dan Siegel-
  - The hand model of the brain video-  
<https://www.youtube.com/watch?v=gm9CIJ74Oxw>
  - The Window of Tolerance/Resilience Zone-  
<https://www.drmariedezelic.com/window-of-tolerance--traumaanxiety-rela>
- Human Centered Design- <https://www.designkit.org/human-centered-design>
- Brené Brown-
  - Unlocking Us- Brené with Joe Biden on Empathy, Unity and Courage-<https://brenebrown.com/podcast/brene-with-joe-biden-on-empathy-unity-and-courage/>
  - Dare to Lead- <https://daretolead.brenebrown.com/>
- The power of WHY over WHAT Michael Jr  
Video- <https://www.youtube.com/watch?v=w-2H5MVPXMs>  
Article- [https://www.huffpost.com/entry/know-your-why\\_b\\_9512688](https://www.huffpost.com/entry/know-your-why_b_9512688)
- Simon Sinek - WHY We Do what we Do  
<https://www.youtube.com/watch?v=nkwKDwVI1D0>



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- Trauma-Informed Care in Behavioral Health Services.- Strategy #3: Review and Update Vision, Mission, and Value Statements  
<https://www.ncbi.nlm.nih.gov/books/NBK207204/>
  - What's Your Purpose? Finding A Sense Of Meaning In Life Is Linked To Health  
<https://www.npr.org/sections/health-shots/2019/05/25/726695968/whats-your-purpose-finding-a-sense-of-meaning-in-life-is-linked-to-health>
  - Why Having A Strong 'Why' Statement Is The Key To Staying Motivated And Focused  
[https://www.huffpost.com/entry/why-having-a-strong-why-statement-is-the-key-to-staying\\_b\\_5983ca40e4b0bd823202969e](https://www.huffpost.com/entry/why-having-a-strong-why-statement-is-the-key-to-staying_b_5983ca40e4b0bd823202969e)
  - Preventing Burnout- Start with your why-  
<http://www.pauldechantmd.com/focus-on-your-why/>
  - Communicating your vision of a trauma-informed approach- Elevator Pitches ACESConnection- <https://www.acesconnection.com/blog/elevator-pitches>