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)-
- Types of Stress- https://originstraining.org/our-approach/#resilience
- Dan Siegel-
  - The hand model of the brain video-
    https://www.youtube.com/watch?v=qm9CIJ74Oxw
  - 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-
  - Dare to Lead- https://daretodead.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
- Simon Sinek - WHY We Do what we Do
  https://www.youtube.com/watch?v=nkwKDwVI1D0

Creating a Trauma-Informed Workplace
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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

● 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

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