



<https://originstraining.org/>

Workshop 2- Developing Your Culture

Mindfulness

- Headspace App or Website (free for LA County)- <https://www.headspace.com/lacounty>
FREE in LA County-
(<https://patch.com/california/venice/headspace-offering-free-meditation-all-la-county-residents>)

Additional Resources

- Carnegie Melon Values Exercise-
<https://www.cmu.edu/career/documents/my-career-path-activities/values-exercise.pdf>
- Hilary Cottam- “Social services are broken and how we can fix them”-
https://www.ted.com/talks/hilary_cottam_social_services_are_broken_how_we_can_fix_them?language=en
- Personal Value Exploration: An Experiential Activity-
<https://www.psychologytoday.com/us/blog/theory-knowledge/201802/personal-value-exploration-experiential-activity>
- Sam Bee, #Metoo, Self-driving Cars, & the Importance of Failure-
<https://originstraining.org/blog/f/sam-bee-metoo-self-driving-cars-the-importance-of-failure>
- Developing a Resilient Organizational Culture Can Start at Home-
<https://originstraining.org/developing-a-resilient-organizational-culture-can-start-at-home/>
- Wherever you go, there you are- Jon Kabat Zinn-
https://www.goodreads.com/book/show/14096.Wherever_You_Go_There_You_Are



- **My Grandmother's Hands: Racialized Trauma and the Mending of Our Bodies and Hearts-** Resmaa Menakem-
<https://www.goodreads.com/en/book/show/34146782-my-grandmother-s-hands>
- **Why Winning Doesn't Always Equal Success-** Valerie Kondos Field
https://www.ted.com/talks/valorie_kondos_field_why_winning_doesn_t_always_equal_success/transcript?language=e
- **Sphere Of Control and Influence (a resilience-building activity)-**
https://www.londonleadershipacademy.nhs.uk/sites/default/files/What_is_in_my_control-LAL1.pdf