


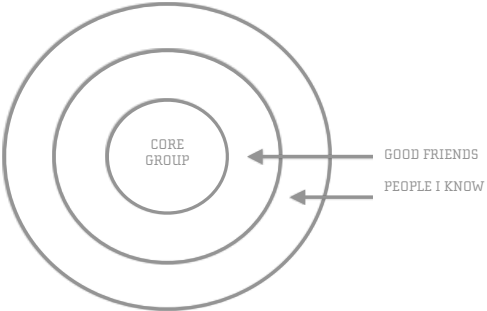
MODULE 11

CONNECTION'S RESILIENCE CONNECTION


11

CONNECTION'S RESILIENCE CONNECTION

PREP PROMPT
Who's in your "Core Group" at work?



CASCADE CHATS

I	II	III	IV
Culture	BSWH	Now	Legacy
Can you think of a core group of entertainers that have been together for multiple decades?	What's a strong example of a "connected team" at BSWH?	What's an activity your team can do in the next week to build cohesion?	How can you better help new team members feel connected at work?

OVERVIEW

L01: Understand how interpersonal connection promotes resilience
L02: Apply strategies to enhance relational connections

Engagement Strategy:

Personal story of BSWH care team's care for a family member and the importance of connection and its connection to resilience. Lecture to outline factors of resilience. Conduct a social inventory exercise. Explore the ways to expand and strengthen the core group. Group exercise to develop ways to bring work teams closer to increase resilience capacity.

Synch Matrix:

	Start	End	Activity	Facilitator Notes
A	0:00	4:00	Main Intro / "Examine" Exercise	Evaluate the resilience of your team.
	4:00	5:40	Topic / Instructor Intro	Nate introduces Skeeta Jenkins and the topic of resilience.
B	5:40	18:15	How Connections Fuel Resilience	Skeeta shares a touching story and explains how connections can fuel resilience
C	18:15	22:00	"Examine" / "Explore" Exercises	Take a moment to think about and write down your relationships.
D	22:00	25:10	How do I Create Deeper Relationships / "Explore" Exercise	How can you transition somebody to your core group?
	25:10	26:35	The Need For Connection	Skeeta explains how a fulfilling life must contain meaningful relationships.
E	26:35	29:00	"Apply" Exercise	How can you develop a better connection with someone you work with?
	29:00	36:40	Final Words From Skeeta Jenkins	Skeeta reiterates the point that you must have a close group of people to get you through tough times in life.
F	33:25	42:05	Conclusion / "Examine" Exercise	Think back to a past challenge and who was there for you. What was the result?

Sources:
Burgess
Coute
Valliant

DISCUSSION GUIDE

A RESILIENCE SELF-EVALUATION



EXAMINE

- On a scale of 1-10 (with 10 being the highest), how resilient would you rate your team?
- What makes your team resilient?
- What areas does your need to improve upon to be more resilient?

B RESILIENCE

Recovering quickly from difficulties

CONNECTION

A relationship in which a person, thing, or idea is linked or associated with something else

FROM MARGARET WHEATLEY

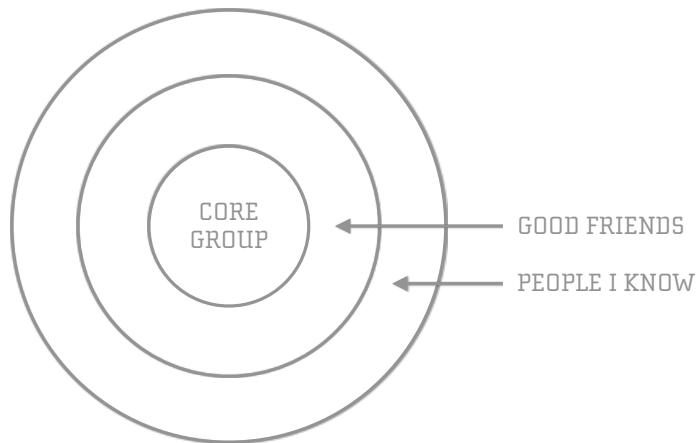
"Relationships are all there is. Everything in the universe only exists because it is in relationship to everything else... We have to stop pretending we are individuals who can go it alone."

DISCUSSION GUIDE

5 COMPONENTS OF RESILIENCE

1. Self-awareness
2. Self-regulation
3. Optimism
4. Mental agility
5. Connection

C List people in your life who belong in each group. Describe what you're doing to regularly cultivate and maintain these relationships. Identify any gaps in your practices with these groups.



DISCUSSION GUIDE

D ACTIONS THAT DRAW PEOPLE INTO YOUR CORE GROUP

1. Initial valuable interactions
2. An invitation to participate
3. Meaningful shared experience
4. Deepening role

CORE GROUP EXERCISE

What would you do to help transition someone to your Core Group (using the principles listed above)?



E WORK CONNECTIONS

- Describe what you can do to develop a better connection to someone you work alongside.
- If that person is in the room with you, discuss it together.



DISCUSSION GUIDE

F EXAMINE A PAST EXPERIENCE

1. Examine a particular challenge.
2. Who was there for you, and what did they do for you?
3. What resulted from that interaction?



TAKE-AWAYS

INSIGHTS:

ACTIONS:

CASCADE CHATS

These exercises are meant to deepen the learning and experience between modules for participants and their teams. Use blank spaces to record your personal responses prior to discussions. Update your notes based on the conversation.

I	Culture	Can you think of a core group of entertainers that have been together for multiple decades?	
II	BSWH	What's a strong example of a "connected team" at BSWH?	
III	Now	What's an activity your team can do in the next week to build cohesion?	
IV	Legacy	How can you better help new team members feel connected at work?	