



JVH EMPOWER

Cultivating Cultures of Care

Empowerment Session



Grounding

“I remain grounded by coming back into my physical body...”



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Restorative Practice:

Honoring Your Body Through Movement

We invite you to take a moment to stretch and move your body in a way that is safe and feels right for you

Movement

Movement may boost mood by increasing a brain protein called BDNF that helps nerve fibers grow.



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Honoring Past, Present and Future Co-Creators: Mind Tools

JVH Conscious Relationship Agreements: Our Group Container

1. You are accepted, welcomed and celebrated in this space of joy, vitality and hope.

2. You can authentically engage with the members of this professional learning community by sharing your gifts, perspectives, stories and experiences.

3. You can give thanks for the opportunity to learn and grow in a space filled with diverse identities, perspectives, talents and gifts.

4. You can be curious about any emotional discomfort you feel during our learner journey. In this discomfort lies the expansion of all learning possibilities and aids in your personal growth.

5. You can protect and nourish your mind, heart, body & spirit at all times. This practice will allow you to show up as the best version of yourself for those you care for and love.

Please take a moment to honor which agreement you **will be rooted in** during today's Empowerment Session by sharing the **number #** in front of your selected agreement in the chat box.



Please take a moment to honor your energy level by sharing an **A, E, or L** in the chat box.

Learner Journey Energy Levels

ACTIVE

- Google forms or interactive platforms
- Verbal *sharing my gifts, perspectives, stories and experience*
- Journal *be curious*
- Non-verbal (*chat box & reactions*)
- Listen *learn & grow while protecting and nourishing my mind, heart, body & spirit.*

ENGAGE

- Verbal
- Journal
- Non-verbal
- Listen

LEARN

- Journal
- Non-verbal
- Listen

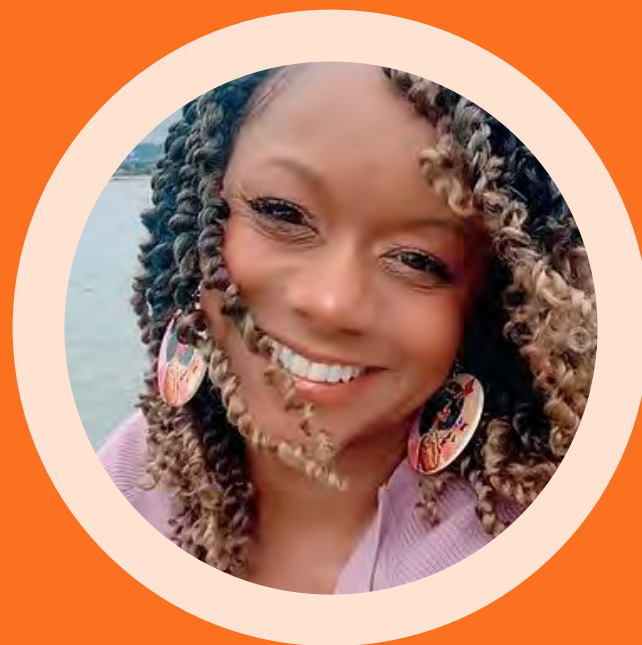


A photograph of two hands, one from the left and one from the right, gently holding a small plant with green leaves and white flowers. The plant is rooted in a mound of brown soil. The background is a blurred field of dry, brown leaves. The image is framed by orange borders on the left and right sides.

WELCOME TO
Cultivating Cultures of Care
EMPOWERMENT SESSION



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“Empower One, Empower Many!”

Through healing-centered and relational leadership practices, we co-create brave and nurturing adult learning environments and conscious relationships. Our heart-minded facilitation empowers you to engage in a learning journey of self-exploration, discovery, healing and conscious action. We embody a trauma-healing approach to professional and personal development that uplifts and rejuvenates all beneficiaries.



Today's Learner Journey Road Map

Today's Journey will provide opportunities:

- Explore the impacts of traumatic experiences on social-emotional development.
- Review the importance of integrating restorative self-care practices for youth and youth development professionals.
- Practice and discuss strategies and approaches that can activate a culture of care in your program space.



Building Community

What does cultivating a culture of care mean to you?

- **THINK:** What does it look, sound, and/or feel like to be in a supportive and caring environment?
- **WRITE:** Please take **3-minutes** to document your response.
- **SHARE:** In your breakout room please take a **2-minutes** to introduce yourself: (Name, Organization, & Location) and **1 to 3 elements** of a supportive and caring environment.

Please take a moment to honor your expression of a **culture of care** by **sharing one (1) element** of a supportive and caring environment in the chat box.





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Empowerment Pause

Cultivating Cultures of Care

Grounding – How might you create space and time for everyone to become present and feel connected?

Conscious Relationship Agreements – What tools or structures can you use to build trusting relationships?

Energy Levels – In what ways can we hear and honor how those in your community want to engage during your time together?

Learner Journey Road Map – How might you create powerful and shared vision for how your community will work together to achieve a common goal or outcome?

Building Community – What activities might you implement to explore and establish the “I” and “we” work needed to create a community of belonging for all?



[An Ecosystem of belonging](#)
[JVH Tip sheet](#)

Restorative Practice:

**Honoring the Mind & Body Connection
Anchoring in Breath**

**We invite you to take a moment to take (3) three
deep breaths in a way that is safe and feels
right for you.**

Breath Work

**Breathing deeply, you can activate your nervous
system, and allow you to slow down your heart rate and
lower your blood pressure—creating a feeling of calm**



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Honoring Past, Present and Future Co-Creators: Vanessa

A scenic landscape featuring a calm lake reflecting the sun and mountains. In the foreground, there is a field of white daisies. The sun is low on the horizon, creating a warm, golden glow and lens flare effects. The background shows a range of mountains and a line of evergreen trees.

Integration

“The act of bringing together the parts of a whole.”



Caring for Yourself is a Radical Act

*Healing is a process, often life-long, of re-establishing a felt sense of safety, regaining the feeling and practice of agency and declaring purpose and meaning beyond traumatic events.
-Prentis Hemphill*

- Healing is non-linear
- Healing is iterative
- We all have our own unique medicine
- We are all powerful and sovereign and require permission from no authority or entity to embody our authenticity and liberation.
- Healing does not happen alone, it is interdependent.





Reflective Practice Invitation: Self Awareness through Introspection

“Self Love: when you feel whole, caring, invested in & feeling powerful about who you are & your life *aka* self liberation.

Self Restoration: the intentional steps you take to achieve self-love from an “unwhole” place.”

-adrienne marie brown

Cultivating Cultures of Care begins with YOU:

- What do you do that brings you pleasure, joy, encouragement, meets basic needs for life and relationships?
- What do you do that reduces harm in your life?





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“Tending to your resilience will make a long commitment to social change and justice more sustainable and joyful.”

The Emotional Risk of the Role



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Secondary Stress

Depression

Vicarious Trauma

Compassion Fatigue

Burnout

Manifestations
of Social
Toxicity

Stress

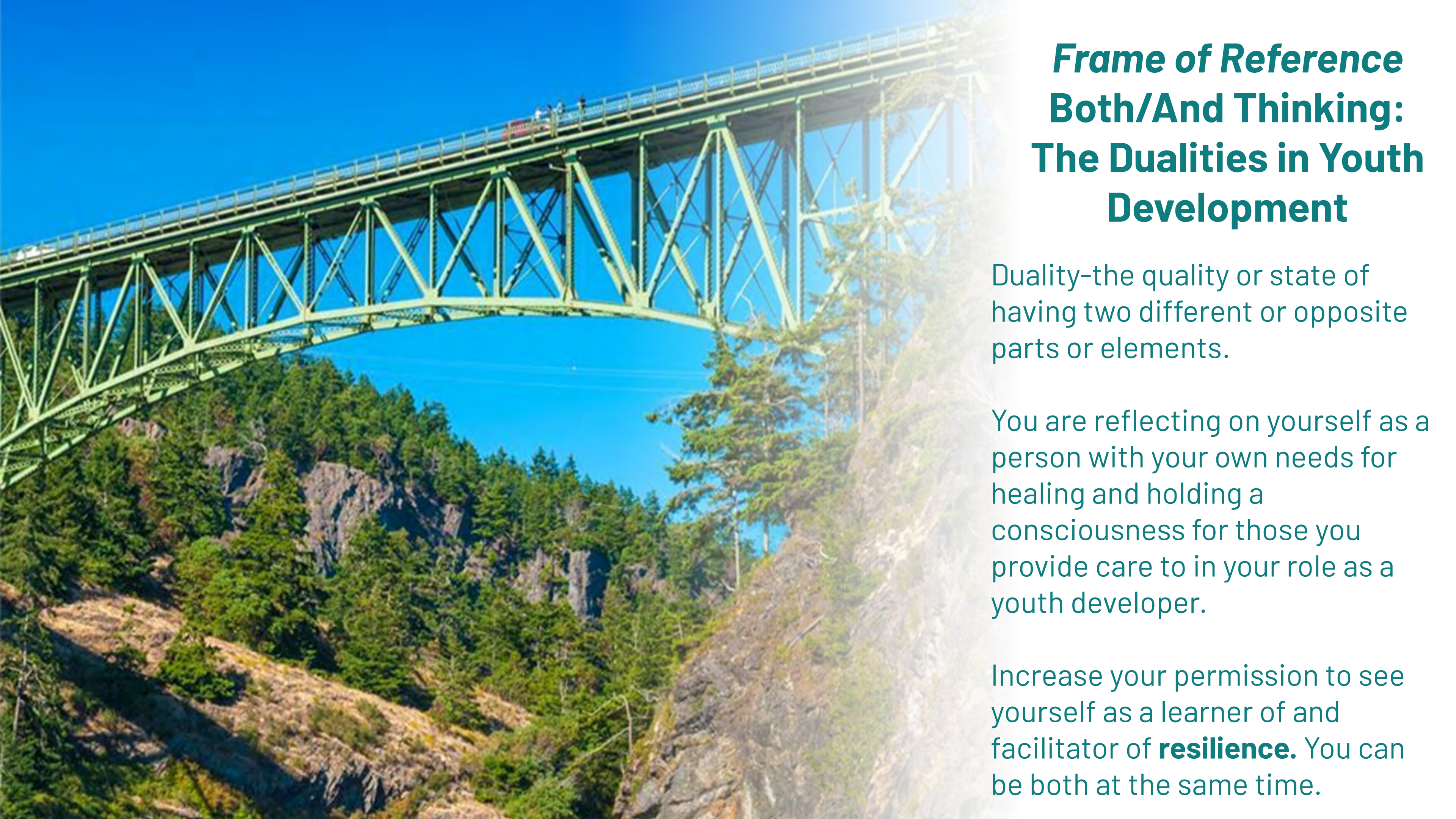


The Impacts of Trauma on a Child's Social-Emotional-Mental- Physical Development

Attachment	Physical	Affect Regulation
<ul style="list-style-type: none"> ● Difficulty trusting others ● Uncertain about the reliability/predictability of others ● Interpersonal difficulty ● Social isolation ● Difficulty seeking help ● Clingy, difficulty with separations 	<ul style="list-style-type: none"> ● Sensorimotor development problems ● Hypersensitivity to physical contact ● Somatization ● Increased medical problems ● Problems with coordination and balance 	<ul style="list-style-type: none"> ● Problems with emotional regulation ● Easily upset and/or difficulty calming ● Difficulty describing emotions and internal experiences ● Difficulty knowing and describing internal states ● Problems with communicating needs

The Impacts of Trauma on a Child's Social-Emotional-Physical-Mental Development

Behavioral Control	Cognition	Self Concept
<ul style="list-style-type: none"> ● Poor impulse control ● Self-destructive behavior ● Aggressive behavior ● Oppositional behavior ● Excessive compliance ● Sleep disturbance ● Eating disorders ● Reenactment of traumatic event/past ● Pathological self-soothing practices 	<ul style="list-style-type: none"> ● Difficulty paying attention ● Lack of sustained curiosity ● Problems processing information ● Problems focusing on/completing tasks ● Difficulty planning and anticipating consequences ● Learning difficulties, developmental delays ● Problems with language development 	<ul style="list-style-type: none"> ● Lack of continuous/predictable sense of self ● Poor sense of separateness ● Disturbance of body image ● Low self-esteem ● Shame and guilt

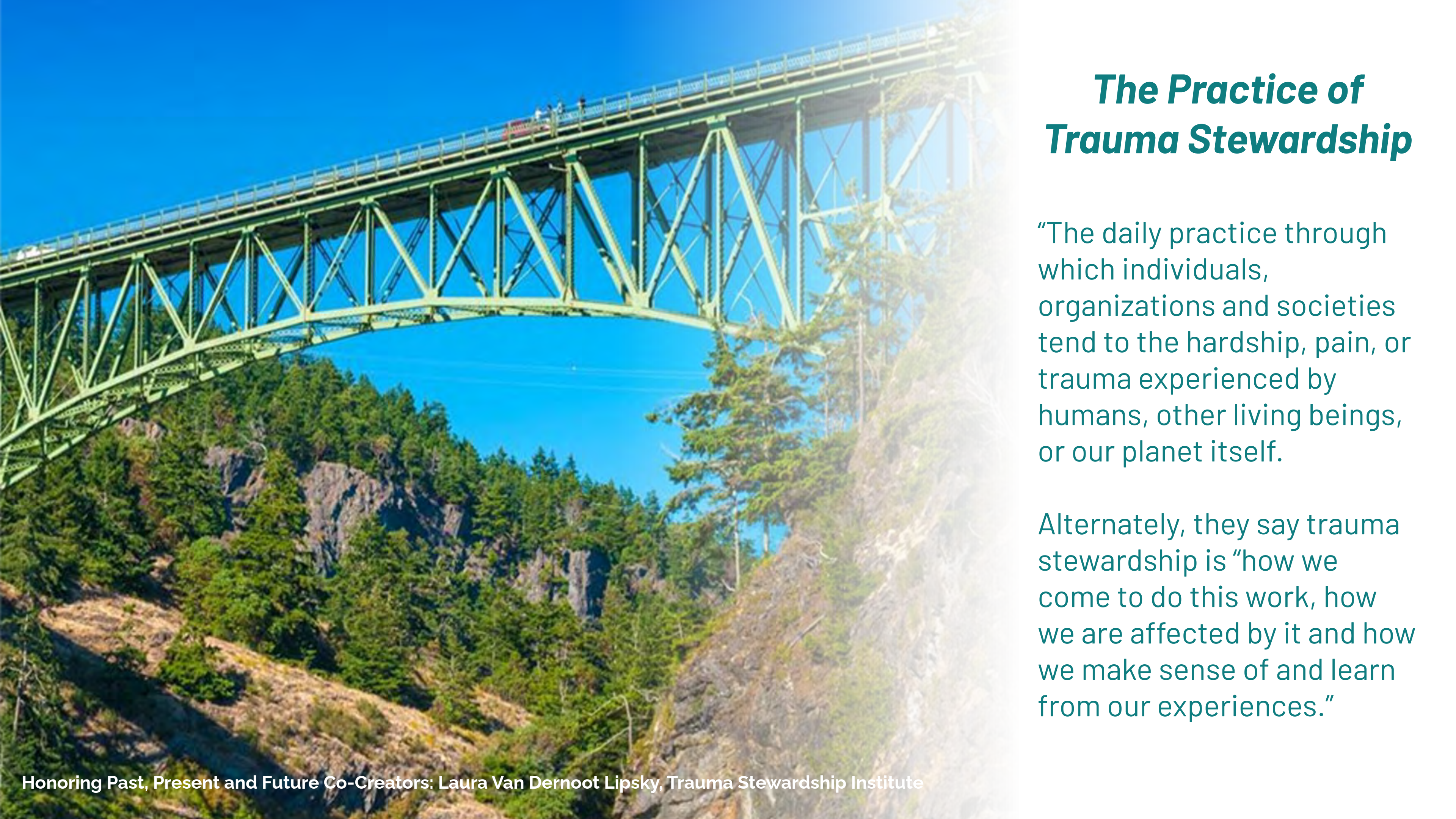


Frame of Reference **Both/And Thinking: The Dualities in Youth Development**

Duality-the quality or state of having two different or opposite parts or elements.

You are reflecting on yourself as a person with your own needs for healing and holding a consciousness for those you provide care to in your role as a youth developer.

Increase your permission to see yourself as a learner of and facilitator of **resilience**. You can be both at the same time.



The Practice of Trauma Stewardship

“The daily practice through which individuals, organizations and societies tend to the hardship, pain, or trauma experienced by humans, other living beings, or our planet itself.

Alternately, they say trauma stewardship is “how we come to do this work, how we are affected by it and how we make sense of and learn from our experiences.”

Trauma Stewards Co-Create Opportunities for Individual & Collective Care



Adverse Childhood Experiences (ACEs) are potentially traumatic events that occur in childhood. ACEs can include violence, abuse, and growing up in a family with mental health or substance use problems.

Toxic stress from ACEs can change brain development and affect how the body responds to stress. ACEs are linked to chronic health problems, mental illness, and substance misuse in adulthood. However, ACEs can be prevented.



**Frame of Reference
Both/And Thinking:
The Dualities in Youth Development
“Trauma Exposure Response”**

*aka Compassion Fatigue, Secondary Trauma,
Traumatic Stress Disorder or Empathetic Strain.*

Trauma Exposure Response is
the transformation that takes
place within us as a result of
exposure to the suffering of
other living beings on the
planet.



Reflective Practice Invitation: Self Awareness through Introspection

- **Feeling helpless/hopeless**
- **A sense that one can never do enough**
- **Hypervigilance**
- **Diminished creativity**
- **Inability to embrace complexity**
- **Minimizing**
- **Chronic exhaustion/physical ailments**
- **Inability to listen/deliberate avoidance**
- **Dissociative moments**
- **Sense of persecution**
- **Guilt**
- **Fear**
- **Anger & cynicism**
- **Inability to empathize/numbing**
- **Addictions**
- **Grandiosity-an inflated sense of importance related to one work**



Have you experienced any of the 16 warning signs of Trauma Exposure Response?



Tending to Your Resilience

Building Compassion & Community

Direction-South

Element- Earth

- Creating a Microculture
- Practicing Compassion for Myself & Others
- What Can I Do for Large-Scale Systemic Change?

The *five* Directions



The *five* Directions

Tending to Your Resilience Restorative Practice

Guided Exploration Process





Caring for Yourself is a Radical Act

"Keeping practice simple. Tender enough to feel.
Present enough to witness. Humble enough to listen.
Courageous enough to act. Accountable enough to
change."

-Prentis Hemphill



Embodiment

What is currently practiced or habituated in us. It is also the process of becoming more aware of and practiced in behaviors.



“Educators deliver the daily doses of healing Interactions that truly are the **antidote to toxic stress.**”

-Dr. Nadine Burke Harris

Cultures of Care: Cultivating Social Emotional Skills through Trauma Informed Practices

**YOU are the
ANTIDOTE!**





Restorative Practice:

Honoring Your Well Being Meditation

**We invite to listen to a short 6 minute
meditation "A Home For Love"**

Movement

**Meditation helps us connect with our
thoughts, feelings and emotions.**

**This mindfulness practice helps us learn how
to explore our thoughts and
feelings without judgement.**



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Honoring Past, Present and Future Co-Creators: A Home For Love by Alex Elle



Restorative Practice:

Honoring You - Meditation

Resmaa Menakem's Five Anchors:

1. Soothe yourself, quiet your heart, settle your mind and calm your body.
2. Notice the sensation and vibrations happening within you, without reacting to them.
3. Accept the discomfort and notice when it changes, instead of trying to run from it.
4. Stay present in the moment and respond from the best parts of yourself.
5. After the moment has passed, safely discharge any energy left in you.

This is your Journey:

- You are welcome to sit, stand, or lie down.
- You are welcome to draw, journal, or move (dance, yoga...)
- You welcome to close your eyes or keep them open.
- You are welcome to choose your own grounding and Mindfulness Techniques

A Home For Love by Alex Elle

I am deserving of coming home to myself, no matter what I
have been through.

No matter how lost I am or may feel I am
I belong to myself, & I belong in my body.

Everything that has hurt me has not broken me down, because
I am resilient.

I am a warrior in this world. Sharing my story make me even
stronger, than I think I am.

I am deeply rooted in cultivating & committed abundance in my
life.

Nothing can stop me, not even what feel threatening to my
healing process.

I belong to myself & I belong to my body.

Leaning into that truth is how I call in my power, grace, grow, &
bloom!

I am blessed to have breath in this body.

I embody perseverance.

I am enough even on my worse days.

My body is home for love, & I will always let myself in.

I am welcomed!

I am deserving of coming home to myself, no matter what I
have been through.

No matter how lost I am my own.





Radical & Critical Reflection:

Sealing our Portal

Restorative Practice:

Honoring Your Mind Affirmations

We invite you to take a moment to draft or find an affirmation, "I am..." statement, or quote that reflects an outcome you HOPE will be true for you, your youth, and your community as a result of cultivating a culture of care this summer.

Affirmations

Can calm your nerves, increase your confidence, and improve your chances of a successful outcome.

THOUGHTS-BELIEFS-ACTIONS



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Honoring Past, Present and Future Co-Creators: Mind Tools

Building Community

What does cultivating a culture of care mean to you?

- **THINK:** A statement or quote that reflects an outcome you HOPE will be true for you, your youth, and your community as a result of **cultivating a culture of care** this summer.
- **WRITE:** Please take **3-minutes** to document your response.
- **SHARE:** Please share your affirmation or quote in the chat box.



**you are a miracle walking
I greet you with wonder
in a world which seeks to own
your joy and your imagination
you have chosen to be free,
every day, as a practice.**

**I can never know
the struggles you went through to get here,
but I know you have swum upstream
and at times it has been lonely**

**I want you to know
I honor the choices you made in solitude
and I honor the work you have done to belong
I honor your commitment to that which is larger than yourself
and your journey
to love the particular container of life
that is, you**

**you are enough
your work is enough
you are needed
your work is sacred
you are here
and I am grateful**

Radical Gratitude Spell

by Adrienne Marie Brown



THANK YOU RADIANT ONES!



JVH EMPOWER

Empower One, Empower Many

JOIN OUR 2022 LEARNING JOURNEY



ECOSYSTEMS OF BELONGING



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WEEKLY
GROUNDING SESHES

→ Your Weekly Wellness Tune Up ←

-  Opening: Restoration Practices (embodied practices in emotional, relational, physical & spirit care)
-  Imaginal Activity: Weekly Intentions
-  Closing: Reflections of Joy, Vitality & Hope

Every Tuesday Morning | 9:30am - 10:00am
Begins: 4/5/22



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Empowerment Resources from today, will be uploaded by 4/1 to our Echo Board: Cultivating Cultures of Care with JVH Empower & SOWA Padlet

Empowerment Boost:

“Caring for myself is a revolutionary act. I will protect and nourish your mind, heart, body & spirit at all times. This practice will allow you to show up as the best version of yourself for those you care for and love.”

JVH Empower Conscious Relationship Agreement

Hello Radiant Community,

Thank you for your energy and presence at the Enlightenment Session- **Cultivating Cultures of Care**. Your representation helped co-create a meaningful experience for our learner journey. We are sending you this reflection email to seal our time together in the energies of joy, vitality and hope. This email also contains empowering information to integrate and embody as you continue your unique learning journey.

Empowerment Corner: During our time together we,

- Explored the impacts of traumatic experiences on social-emotional development
- Reviewed the importance of integrating restorative self-care practices for youth and youth development professionals
- Practiced and discussed strategies and approaches that can activate a culture of care in your program space.

Session Resources: You can find all session empowerment resources using the following Padlet link:

- CCC Empowerment Session Resources: ECHO BOARD
- <https://padlet.com/info15750/ihjmfrbh9p11wc58>

JVH Empower Offerings of Love & Liberation:

- Want access to monthly regenerative resources? [Sign Up for Our Monthly Newsletter: Your Portal to Regenerative Practices for your Personal & Professional Life](#)
- To sign up for upcoming JVH Empower Offerings visit our events page: <https://www.jvhempower.com/our-events>

Until we are in your radiant presence again, much love to your heart, mind, body and spirit.

JVH Empower

“

“The future is us, with possibilities as abundant as the dreams of our ancestors and our hopes for our children. The senselessness of our now is giving way to a collective stirring, the conviction that there is a better way — that abundance, health, justice, love and belonging are things we can grow in this world by our own hands. We are the narrative animal with the unique power to imagine and manifest new choices, to write new stories together.”

—— THE CENTER FOR STORY BASED STRATEGY

Empower One, Empower Many



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