



W4A STAFF DEVELOPMENT DAY
JUNE 13, 2013
ENZIAN INN, LEAVENWORTH
Yarrow Durbin, facilitator

Goals: to slow down and pay attention to your “inner teacher,” to reconnect with your deepest values, to increase a sense of connection with others, and to identify your next steps toward taking care of yourself while still serving members of your community.

“Self care is never a selfish act - it is simply good stewardship of the only gift I have - the gift I was put on earth to offer others. Anytime we can listen to true self, and give it the care it requires, we do so not only for ourselves, but for the many others whose lives we touch”

Parker Palmer in Let Your Life Speak

Welcome - Introductions, Overview, and Touchstones

Connecting with Yourself:

Alone writing or drawing – in silence

- **Nourishing:**
 - o Recall a time you felt your work really made a difference. What made this significant for you? What was the impact on your thoughts, emotions, and body?
 - o What is nourishing to you about your work now?
- **Depleting:**
 - o Recall a story of a time where your heart broke because you couldn't make the difference you wanted. What was significance of this for you? What was the experience like in the head, heart and body?
 - o What is depleting you in your work now?
- **Your Path:** What values, experiences, people, or events influenced you and brought you to the career/ job you have now in Aging Services? Draw or write a time-line or lifeline, with a brief description of these key moments.

Share in triads , Whole group check in

Tending the Self- Care / Care of Others Polarity

Taking Stock: In what ways are you doing well taking care of yourself? In what ways not? What feels like an obstacle? Reflect honestly on your situation. Consider all the dimensions: thoughts or beliefs, emotions, behavioral habits, relationships, systems or structures in your life.

Action steps: Identify 1 or 2 action steps that would help you better tend the care of self & care of others polarity.

- **What would you like to do differently – specifically?**
- **What could get in the way of your doing it? What would help you address any obstacles? Who could support you? What systems or process would help you keep on track?**
- Write a letter to yourself with your commitment and action step.
- Share it with your partner.
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Closing

Shoulders

A man crosses the street in rain,
stepping gently, looking two times
north and south,
because his son is asleep on his
shoulder.

No car must splash him.
No car drive too near to his shadow.

This man carries the world's most
sensitive cargo
but he's not marked.
Nowhere does his jacket say
FRAGILE,
HANDLE WITH CARE.

His ear fills up with breathing.
He hears the hum of a boy's dream
deep inside him.

We're not going to be able
to live in this world
if we're not willing to do what he's
doing
with one another.

The road will only be wide.
The rain will never stop falling.

—Naomi Shihab Nye

Touchstones for Our Work

- ✧ **Be present for yourself and others.** Presume welcome and extend welcome. Bring your whole self to the work.
- ✧ **Remember the clients.** They need you to be healthy and strong to serve them.
- ✧ **Speak for yourself - Use "I" statements.**
- ✧ **Make space for silence and reflection.** Slow down and pay attention to your "inner" voice.
- ✧ **Create a learning space enriched by differences.** Speak your truth. Listen with an open mind to others' truths.
- ✧ **No fixing.** Seek instead, through deep listening and open questions, to help each find his or her own clarity.
- ✧ **When the going gets rough, turn to wonder and curiosity.** Be open to learning and seeing with "soft eyes." Turn from reaction and judgment to compassionate inquiry.
- ✧ **This is long-term work.** Accept and expect that we won't finish today.
- ✧ **Observe confidentiality**