Interactive Webinars for Groups & Teams

1. **Finding Calm in the Chaos: Decreasing Stress Through Mindful Thinking**
Participants will identify the relationship of how negative mind traps like worry can lead to feelings of anxiety and overwhelm in the body. The group will also explore how mindful attention and intention may shift unhelpful negative thinking patterns that can help increase focus and calm responsiveness.

2. **Finding Calm in the Chaos: Decreasing Stress Through Mindful Breathing**
Participants will practice various centering and breathing exercises as they deepen their awareness of how to create a sense of calm and peacefulness in their body, mind, and heart. No prior experience in mindfulness practice is required.

3. **Supporting Grief & Loss with Empathy & Compassion**
Participants will explore how feelings such as loss and grief are understandable emotional responses to the Coronavirus pandemic. The group will discuss how increasing one's sense of empathy and compassion can provide important balance in these uncertain times.

4. **Shifting from Crisis to Coping to Connection**
Participants will self-identify physiological, emotional and mental states that occur when they experience a crisis. They will explore how to shift from reactive to more responsive states of being, while also discussing how connection to self and others can support healthy and creative outcomes.

5. **Navigating Change & Building Resilience through Self-Care**
Participants will explore ways to practice self-care in moments of time and learn strategies for creating habits of resilience. Building mental and emotional reserves of energy to utilize during times of change also will be discussed.

6. **Creating Balance within Your 'New Normal'**
Participants will identify ways that changing routines and schedules (including going back into the office, managing kids at home over the summer break, etc.) may be contributing to higher levels of emotional (and even physical) exhaustion. They will explore how simple changes to space, schedule, and mindset can provide much needed support during this chaotic time.

7. **Reducing the Impact of Trauma Exposure for Clinicians**
Participants in this session will learn to identify the signs/symptoms of Compassion Fatigue and Vicarious Trauma and will assess how they may be impacted by the nature of the care they provide.   They will utilize a Caregiver Wellbeing Assessment to identify holistic practices for self-care and long-term resilience.

8. **Managing Challenging Feelings and Cultivating Courageous Conversations**
During times of high emotion and uncertainty, it can be difficult to effectively process and manage the range of feelings we may experience. Discussing these challenging feelings and experiences with colleagues, staff members, and/or those in our communities, can create additional stress and anxiety. This webinar will normalize these experiences and will provide specific strategies and techniques that can be used by individuals to support themselves. It will also provide strategies for approaching conversations with others from a vulnerable yet courageous perspective.

9. **The Role of Staff-Care in Effective Leadership**
Participants will examine the role of staff-care within their organizations and teams, beginning with a focus on self-care and an examination of their own core values. They will then explore the ways that 'staff-care' supports healthy and effective teams and identify ways to assess how the team prioritizes 'self/staff-care'. Finally, they will brainstorm strategies for incorporating this important element into the culture of their organization as well as their teams.

Please Note: Topics #1-6 can be adjusted to be delivered in a 1-3 hour timeframe. Topics #7-9 are only delivered in a 2 or 3-hour format.

Delivery Method

TLS typically utilizes the virtual technology platform Zoom to create an accessible and safe environment where people can share openly and receive support from us and their peers in interactive discussion, while enabling guided mindfulness practices. A benefit to using a video technology platform is that it allows participants the ability to 'see' each other and feel more connected, rather than just listening on the phone.   *Note: We are also happy to discuss how to utilize any internal platforms an organization is utilizing for delivery of these services.*