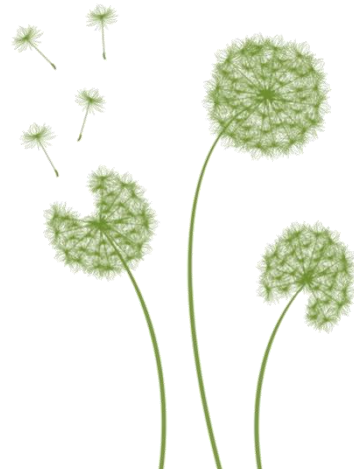


School Age Network

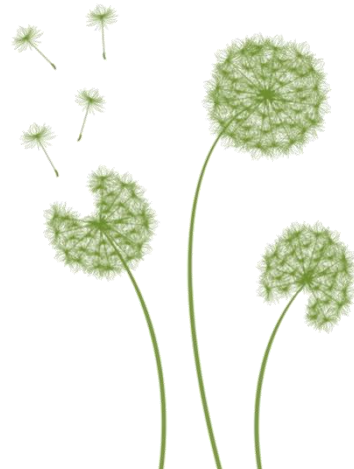
Agenda

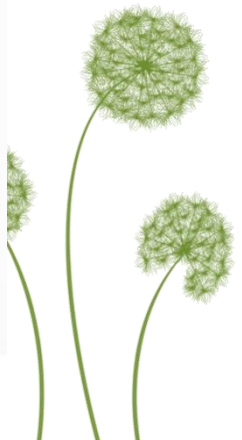
- Welcome and Introductions
- Self-Compassion Pause
- Reflection on Article
- Journey
- Well-Being
- Brainstorming
- Questions
- Resources Available
- Next Steps



Welcome and Introductions

- We invite participants to say good evening and share what they have been focusing on in their role.





WHY PRACTICE SELF-COMPASSION?

Research shows that people who are more self-compassionate are...

HAPPIER

Practising self-compassion leads to more happiness, optimism, gratitude and better relationships with others.



MORE RESILIENT

Self-compassionate people bounce back more easily from set-backs and are more likely to learn from their mistakes.



LESS STRESSED

Self-compassion is a powerful antidote to the self-criticism and perfectionistic thinking that can lead to stress, anxiety and depression.



Dr. Kristen Neff: 3 Elements of Self-Compassion

Self-Kindness:

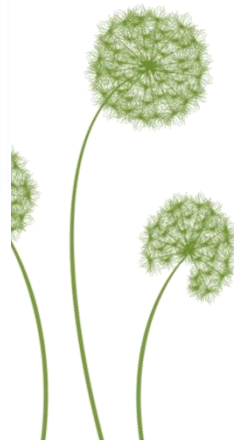
Understanding,
not punishment

Sense of Common Humanity:

Everybody
goes through
this

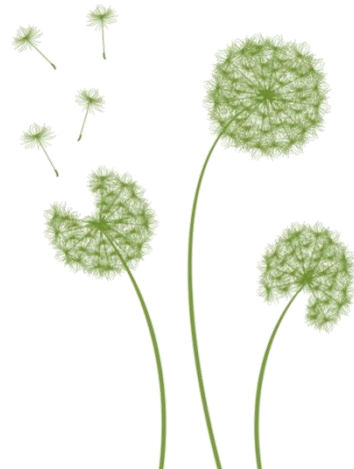
Mindfulness:

Neither
ignoring nor
exaggerating
feelings of
failure



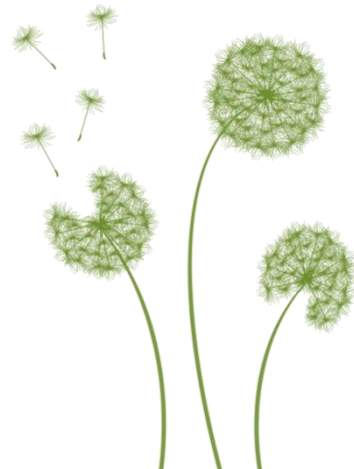
Reflection on Article

- Think, Feel, Act; Empowering Children in the Middle Years
- <http://www.edu.gov.on.ca/childcare/empower.html>



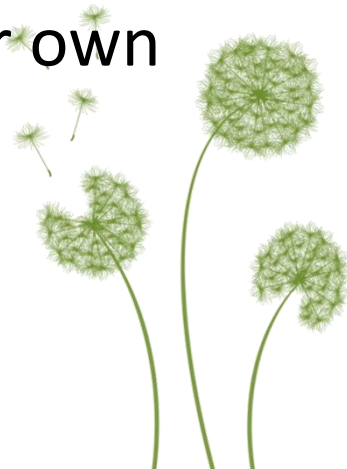
Journey

- What has been your biggest accomplishment on your journey?
- What are you looking forward to next?



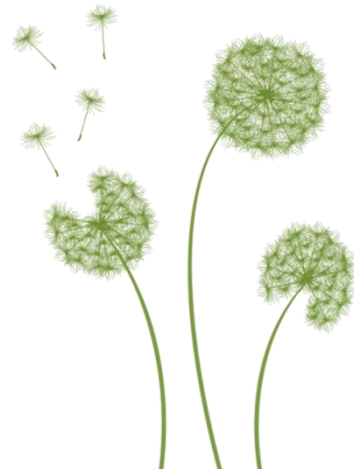
Well-Being

- How have you been supporting your own well-being?
- ECCDC Blog Post
- Review of Self-Compassion Worksheet
- How could you use these tools to support your own reflective practices and resiliency?



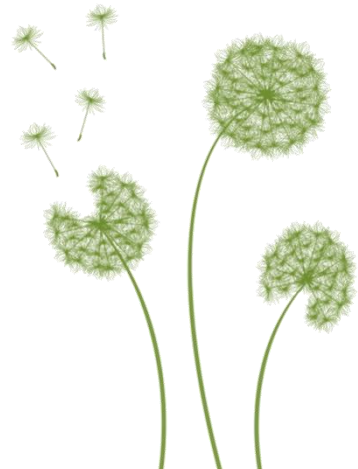
Brainstorming

- Round Table Discussion for Brainstorming Challenges and Ideas



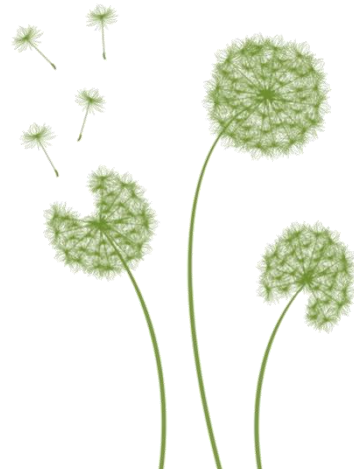
Questions

- Any questions?



Resources Available

- www.eccdc.org
- www.learn.redcross.ca



Next Steps

- What would the network like for next steps?
- Follow up to today's network meeting
- Next Network meeting date March 2, 2021 6:30 – 8:30 p.m.

