

An aerial photograph of a turquoise ocean with white foam from breaking waves. A white dashed line is drawn across the image, starting from the bottom left, curving upwards and to the right, and then looping back towards the top right corner. The word "WAYFINDER" is written in a bold, white, sans-serif font across the middle of the image, partially overlapping the waves and the dashed line.

WAYFINDER

– OPENING RITUAL –

A TOAST TO MYSELF

List 3 ways you see yourself:
One thing I like about myself
One thing I am proud of
One thing that makes me – me



WHO WE ARE



KATIE BARR

Director of Education + Innovation
Exec. Director of Wayfinder Foundation



TRISTAN LOVE

Director of Learning + Engagement

TODAY'S AGENDA

Learn about research behind the benefits of self-compassion

Practice joy and compassion

Explore systems of support for educators





LET'S UNPACK SELF COMPASSION

WHAT IS COMPASSION



Self-compassion is defined as the practice of quieting our inner critic, replacing it with a voice of support, understanding, and care for ourselves

Dr. Kristin Neff
Pioneer of Self Compassion

THREE COMPONENTS OF SELF COMPASSION



- **Self-kindness:** gentle and understanding with ourselves rather than harshly critical and judgemental
- **Recognition of our common humanity:** connected with others in the experience of life rather than isolated and alienated by our suffering
- **Mindfulness:** hold our experience in balanced awareness, rather than ignoring our pain or exaggerating it



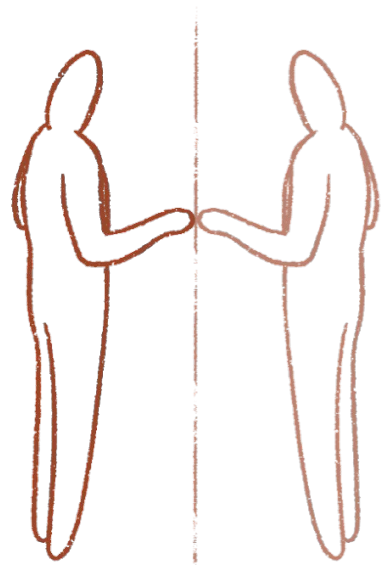
“Feeling compassion for ourselves in no way releases us from responsibility for our actions. Rather, it releases us from the self-hatred that prevents us from responding to our life with clarity and balance.”

~ Tara Brach

THE WHY

SELF COMPASSION PROMOTES WELL-BEING

- Improved well-being + reduced psychological problems
- Increase happiness + mindfulness – reducing depression, anxiety + stress



THE WHY

SELF COMPASSION HELPS US RELATE BETTER WITH OTHERS

- Tend to provide higher levels of emotional support to their students
- More empathetic + forgiving of others
- Able to resolve interpersonal conflict in healthier ways



THE WHY

SELF COMPASSION MAKES US MORE RESILIENT

- Ability to cope better with difficult life experiences
- Associated with higher self-efficacy – lower fear of failure
- Leads to “bouncing back” from failure more quickly



THE WHY

SELF COMPASSION MOTIVATES SELF-IMPROVEMENT

- More likely to take responsibility for their past mistakes
- Helps reduce procrastination and alleviate the stress associated with it



GROUNDING IN JOY

What do you love? What makes you feel alive?

PURPOSE 1: SELF // Lesson 2.2.2.



SURVEY QUESTION

WHAT ARE YOUR FAVORITE WAYS TO SPEND TIME?

- + What is your favorite thing to do with your friends/family?
- + What is your favorite thing to do at the end of the day when you've completed your responsibilities?
- + What is your favorite thing to do outside?

INTRODUCTION

This lesson is about identifying and sharing what brings us joy...

- + Can you think of what you were doing the last time you enjoyed yourself so much you lost track of time?
- + What does joy feel like?



GROUNDING IN JOY

BRAINSTORM + SHARE

What do you love to do? Think about activities you...

- + Enjoy doing alone and/or with friends.
- + Lose track of time doing.
- + Prioritize even when you are busy.
- + Wish you were able to do more often.

Share in the chat one/two activities

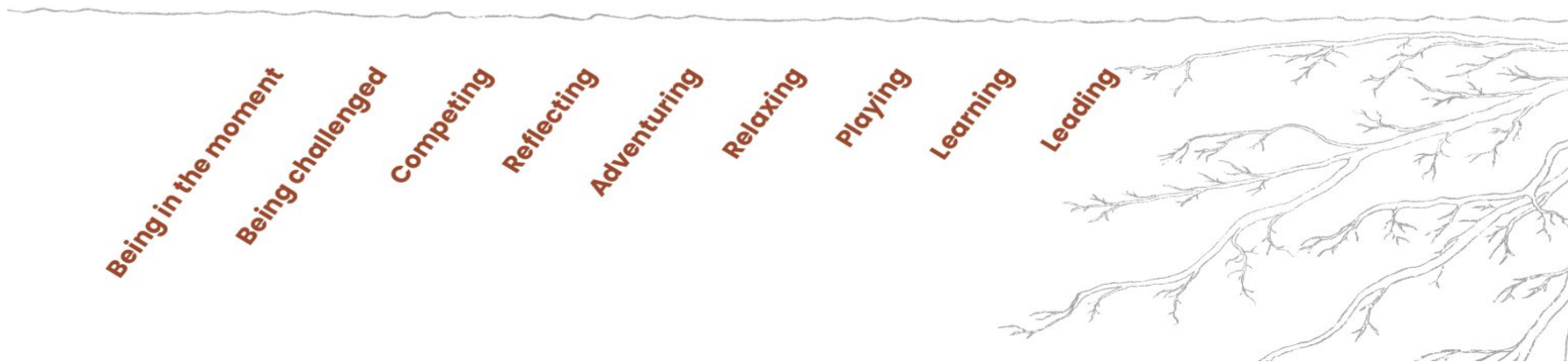
OUR JOY SHARE



CONNECTING TO ROOTS AND DAILY PRACTICES

What is it that you love about these activities?

- + Connect the “loves” to any number of relevant verbs below (“roots”).



Other roots to consider: caring, designing, organizing, collaborating, connecting, listening, problem solving, moving your body

DAILY PRACTICES

How could you bring more joy into your life?

- + What is one small way you could engage in each of these three “roots” as part of a daily practice?



DEBRIEF + WRAP UP

DEBRIEF

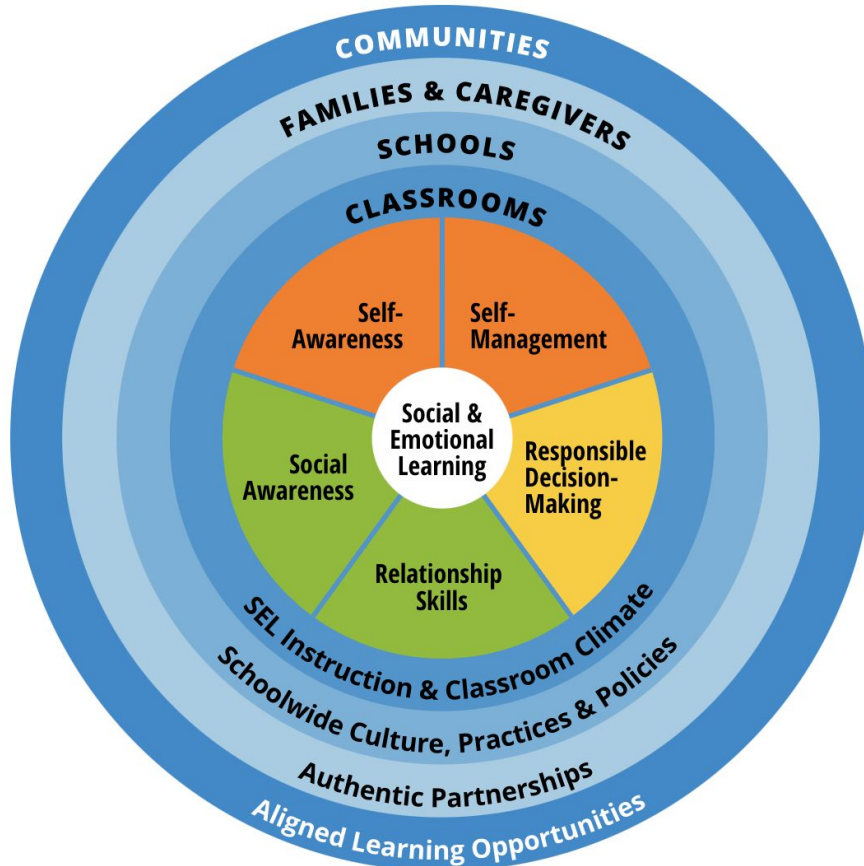
WHOLE GROUP DISCUSSION

- + Had you previously thought about why you loved those activities?
- + What do you notice about the roots you have circled?
- + How else might you experience that root?

WRAP UP

- + We may love an activity not because of what it is, but because of how it makes us feel.
- + Knowing what you love to do (that which you feel engaged and energized by) is central to identifying what's personally meaningful to you.

CASEL FRAMEWORK



CASEL + Adult SEL

Strengthen Adult SEL Competencies + Capacity

- Cultivate adult learning to strengthen staff professional skills and social + emotional competencies
- Create structures that foster trust and collaboration among staff
- Support staff in modeling SEL competencies and mindset

Efficacy

Strengthen Adult Efficacy

- Self-judgment has a negative correlation with self-efficacy.
- Awareness of common humanity had positive correlations with self-efficacy
- Overidentification has a negative correlation with self-efficacy and self-kindness, but positive correlations with self-judgment and isolation

Strategies

Ways to Support Our Educators

- Laying the groundwork for mindful self compassion for adults
- Creating safe circles for sharing and caring
- Affinity groups to share “scary ideas/topics”
- Self Compassion breaks



CIRCLES OF COMPASSION

An aerial photograph of a beach with turquoise water and white foam from waves. A white dashed line is drawn across the image, starting from the bottom left, curving around the text, and ending in the top right corner.

THANK YOU