WHO WE ARE

KATIE BARR
Director of Education + Innovation
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TRISTAN LOVE
Director of Learning + Engagement
TRISTAN SLIDE - picture/ideas for community
TODAY’S AGENDA

Building Community through Joy + Compassion

Bringing Compassion to Your Community

Grounding in Joy
OPENING RITUAL

Change
BUILDING COMMUNITY
“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
You’re Not Alone
Community Builds Resilience
change
GROUNDING IN JOY

What do you love? What makes you feel alive?
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?
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
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
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
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
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?
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.
Lessons from Today

Email us at

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CLOSING RITUAL
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THANK YOU