WHO WE ARE

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Director of Learning + Engagement
Assistant principal’s challenging youth helps him mentor students in disciplinary program

From Troubled Teen to Teacher to Principal
TODAY’S AGENDA

Building Community through Joy + Compassion

Bringing Compassion to Your Community

Grounding in Joy
OPENING RITUAL

Change
TAKING ACTION
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 R.A.I.N (recognize, allow, investigate, nurture)

● Creating safe circles for sharing and caring

● Affinity groups to share “scary ideas/topics”

● Self Compassion breaks
CIRCLES OF COMPASSION

How can we extend compassion to others?

BELONGING 3: ACTION // Lesson 2.4.2.
Compassion is an action word with no boundaries.

Prince (1958–2016) was an American singer-songwriter, multi-instrumentalist, record producer, actor, and director.
COMPASSION MEDITATION
Consider sharing two personal examples: one about someone you know personally, and another about a group of people you would like to extend compassion to.

To add your example to this slide, make a copy/download the slide deck to make it editable.
INSTRUCTIONS

Identify a person or a group of people you would like to extend compassion to. This might be someone (or a group of people) who is struggling, someone you are concerned about, someone you feel particularly grateful for, someone you want to celebrate, etc. This can be someone or a group who you do or do not know.

EXAMPLE

+ a family friend who is struggling with depression
+ the family of a famous person who recently died
+ healthcare workers who put their lives on the line for the health of their patients
+ a relative who just lost their job
+ a single parent who juggles so much and is really supportive
MESSAGE OF COMPASSION
SHARING THE MESSAGE
QUESTION

Why is compassion important for belonging?
When we extend compassion to others what we are really saying is, “I see you, I acknowledge you, I recognize this is hard, and I feel with you.”

Compassion connects us to others and reminds us of our interconnectedness as human beings.
Email us at
INFO@projectwayfinder.com
- CLOSING RITUAL -

THANK YOU, I’M SORRY, I COMMIT TO...

THANK YOU: Someone or something you are grateful for?
I’M SORRY: Something you would like to apologize for?
I COMMIT TO: An intention you have for the upcoming school year?