

Resilient Beginnings Network
Coaches Chat
December 3, 2020

Welcome!

While we're waiting, please:

Rename yourself

Add your pronouns & organization to your name

We invite you to color this image while you wait →

Click View Option at the top

Choose the Annotate option

Choose an annotation tool

Start coloring!

Have a question?

Feel free to chat questions in throughout the session





Grounding Exercise

"When
pain is met
with caring
presence, something
magical happens.
The pain eases. It
opens and unfolds
like a bud in spring."
- Oren Jay Sofer

Resources for Free Guided Meditations

Caring for others requires caring for oneself.

~ Dalai Lama (2000) ~



- Kristen Neff.com
- Calm and myStrength-Kaiser
- Ten Percent Happier
- Jack Kornfield- Soundcloud
- UCLA Mindful Awareness Research Center English/Spanish
- Youtube



Upcoming Opportunities



We are Resilient Webinar

Wednesday, December 16, 2020
3:00- 4:00PM

We Are Resilient™ is designed to improve our own resilience as healthcare providers and offers anticipatory guidance for coaching patients and their families. This 45-minute training overview puts resilience in the context of ACEs, the Cultural Patterns we view the world through, and our Protective Patterns.

Registration information coming soon!



Resilience Screening & Discussion

Friday, January 8, 2021
12:00- 2:00PM

Join CCI for a virtual screening of *Resilience: The Biology of Stress & The Science of Hope*, followed by an interactive discussion facilitated by CCI staff from the Resilient Beginnings Network.

Registration information coming soon!



RESILIENCE

THE BIOLOGY OF STRESS & THE SCIENCE OF HOPE

fig1

Important Dates

We are Resilient
Webinar

December 16th
3-4pm

December 31st
Assignments Due


- Team meetings
- RBN Club
- Team Video
- Meet your Coach

Resilience Screening
& Discussion

January 8th
12-2pm

Virtual Learning
Session
Understanding the Current State

January 14th
1-3pm



Addiction Treatment Starts Here: Primary Care

Join us in tackling California's
opioid crisis.

Deadline to Apply: Jan. 8



Amplify Healing Connections

We're helping prevent the intergenerational trauma of domestic violence in youth.

Deadline to Apply: Jan. 20



Chat Box: How did today go?

I like... I wish... I wonder...

Thank you!

RESILIENT
BEGINNINGS
NETWORK

MADE POSSIBLE BY

Genentech
A Member of the Roche Group



Dayna
Long



Irene
Sung



Jackie
Nuila



Ken
Epstein



Leena
Singh

Poll

Experience

On a scale of 1-5, please select the number below that best represents your overall experience with today's session:

- 5 - Excellent
- 4 - Very Good
- 3 - Good
- 2 - Fair
- 1 - Poor

Use of Time

Please select the number below that best represents your response to the statement:
Today's session was a valuable use of my time.

- 5 - Excellent
- 4 - Very Good
- 3 - Good
- 2 - Fair
- 1 - Poor