Resilient Beginnings Network Coaches Chat

December 3, 2020

Welcome!

While we're waiting, please:

Rename yourself

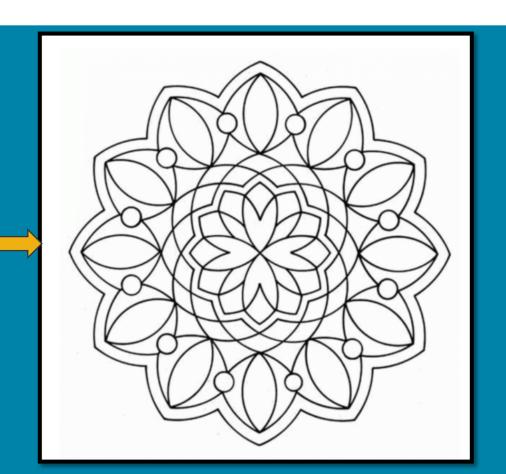
Add your pronouns & organization to your name

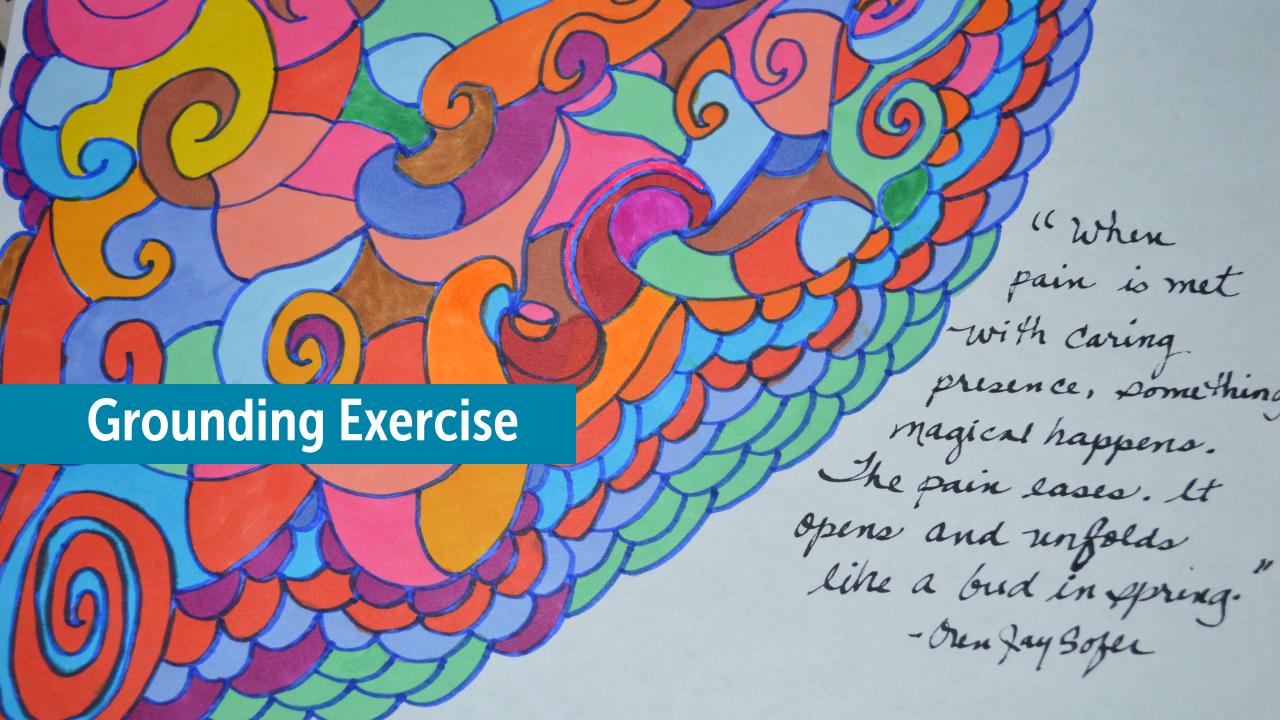
We invite you to color this image while you wait

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





Resources for Free Guided Meditations



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









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.

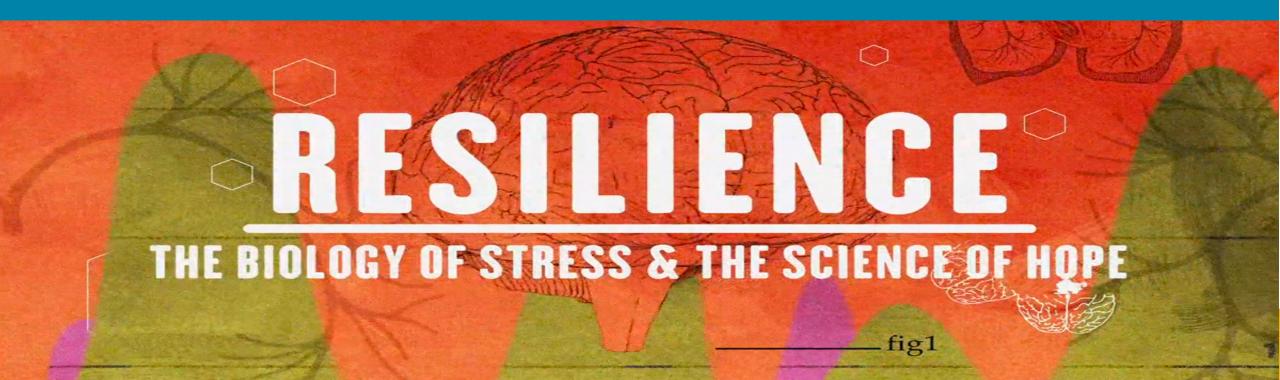
Registration information coming soon!

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!



Important Dates



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!

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

