



Connecting *Deep* Through Check-ins



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This session will be recorded.

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Resilience

A photograph of two young women sitting on swings in a park. The woman on the left has blonde hair in a ponytail, is wearing a white tank top and blue jeans, and is smiling towards the other woman. The woman on the right has long dark hair, is wearing a green long-sleeved shirt and black pants, and is also smiling. They are sitting on wooden swings with metal chains. The background shows a park with trees, a fence, and other playground equipment. The image is framed by a white banner at the top and an orange banner at the bottom.

I see you.
I hear you.
I am with you.

Connecting Right From the Start



Check-in or
Check-Out
Idea

Breakout 4mins



"A PERSON'S
ABILITY TO BUILD
RESILIENCE IS CONSISTENTLY
LINKED TO THE TYPES OF
RELATIONSHIPS
HE OR SHE HAS WITH
OTHERS."

-KATIE PEREZ



“Empathetic & Active listening is listening that’s compassionate, connected, and present.”

-Martha Caldwell



Practicing empathetic & active listening allows the listener to remain non-judgmental and encourages the speaker to remain open and honest throughout any conversation.

Strategy 1:

Listen with your eyes, heart, and ears.

Rationale	<p>Only 7% of what we communicate is transmitted through words. 40% comes through tone, and the remaining 53% is through body language.</p> <p>Paying attention to the tone and body language is just as important as hearing the words a person speaks.</p>
How To	<p>Ask Yourself:</p> <ul style="list-style-type: none">● What is the speaker's posture?● What is the look in the speaker's eye communicating?● How loudly or softly is the speaker speaking?● Which words are the speaker emphasizing?

Strategy 2: Stand in their shoes.

Rationale	Even if what we have experience is similar to someone else, how we experience it may be very different. ▪
How To:	Ask The Speaker: <ul style="list-style-type: none">● What is that like for you?● How did you feel when...?● What did you enjoy about...?● What has been the hardest part of...?

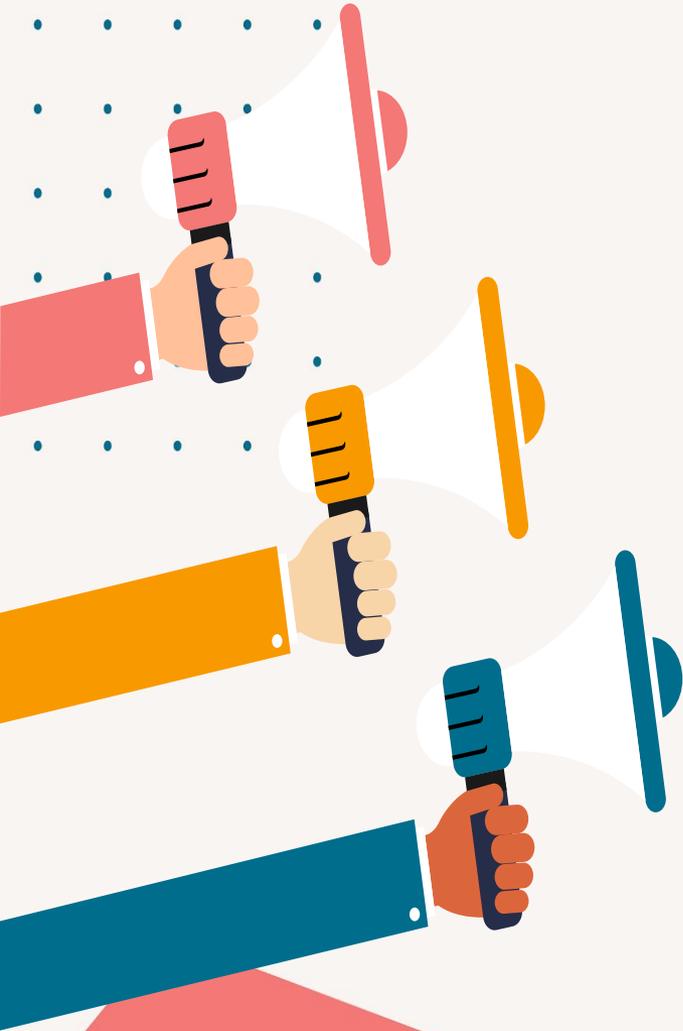
Strategy 3: Practice mirroring.

Rationale	<p>Repeating the meaning of a person's words in a warm and caring tone assures the speaker that we seek to understand instead of judging or giving advice.</p> <p>By mirroring, we can help the speaker better understand him/herself and his/her emotions.</p>
How To:	<p>Mirroring Phrases:</p> <ul style="list-style-type: none">● Do I understand that you feel...● What you're saying is....● What I hear you saying is...● I can see that you're feeling....

Strategy 4: Release Judgement, Embrace Curiosity

Rationale	<p>This strategy requires you to stay present in the moment. If you are looking at the conversation through curiosity you can only learn more about the speaker.</p> <p>It's important to refrain from sharing your story that relates to what the speaker is talking about.</p>
How To:	<p>Ask the Speaker:</p> <ul style="list-style-type: none">● What can you learn about them? From them?● What questions could you ask to go deeper in to knowing the person?<ul style="list-style-type: none">○ Ask open-ended questions

Let's Practice Embracing Curiosity



Check-in or
Check-Out
Idea

FLOOD THE CHAT BOX!

- How do you see these strategies playing out in the video clip?
- Active and Empathic Listening
 - Listen with your eyes, heart, and ears.
 - Stand in their shoes.
 - Practice mirroring
 - Release judgement, Embrace Curiosity



One of the most sincere
forms of respect
is actually listening
to what another has to say.

- Bryant McGill



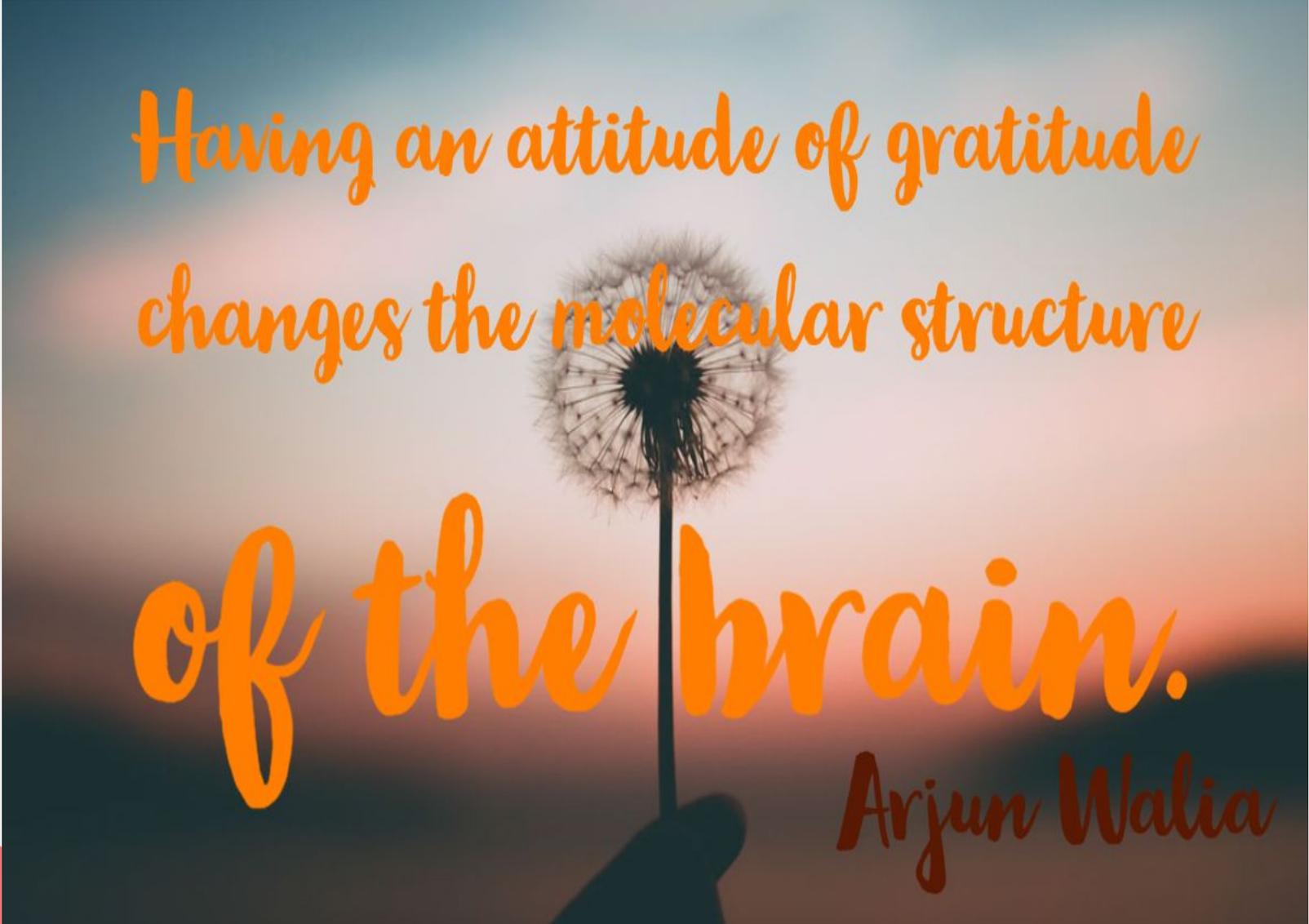
Breakout Room Discussion

- What strategy comes easiest to you?
 - Listen with your eyes, heart, and ears.
 - Stand in their shoes.
 - Practice mirroring
 - Release judgement, Embrace Curiosity
- Which one is hardest?
- What do you need to do to be more present in conversations?

THE RABBIT LISTENED

CORI DOERRFELD



A hand holding a dandelion seed head against a sunset background. The text is overlaid on the image in a cursive font.

Having an attitude of gratitude
changes the molecular structure
of the brain.

Arjun Walia

GRATITUDE SHARING

The Facts: Scientists have discovered that feelings of gratitude can actually change your brain. Feeling gratitude can also be a great tool for overcoming depression and anxiety. Furthermore, scientists have discovered that the heart sends signals to the brain.

FLOOD THE CHAT BOX!

What are you grateful for
right now?

Check-in or
Check-Out
Idea

https://docs.google.com/document/d/1kdwXRRHWUllYtF2ULX_be7UsllORslzpT8K4bzjgdt4/edit?usp=sharing

connected adjective

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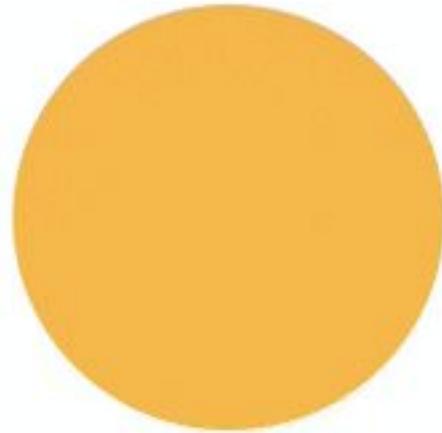
con·nect·ed | \ kə-'nek-təd  \

Definition of *connected*

1 : joined or linked together



TAKING A MOMENT TOGETHER



Check-in or
Check-Out
Idea

<https://www.healthline.com/health/box-breathing>

@krissyvenosdale



If you'd like more information, please reach out to the ***ESSDACK Resilience Team***:

resilience-coaching.essdack.org

Connect with us on Facebook:

essdk.me/ERT





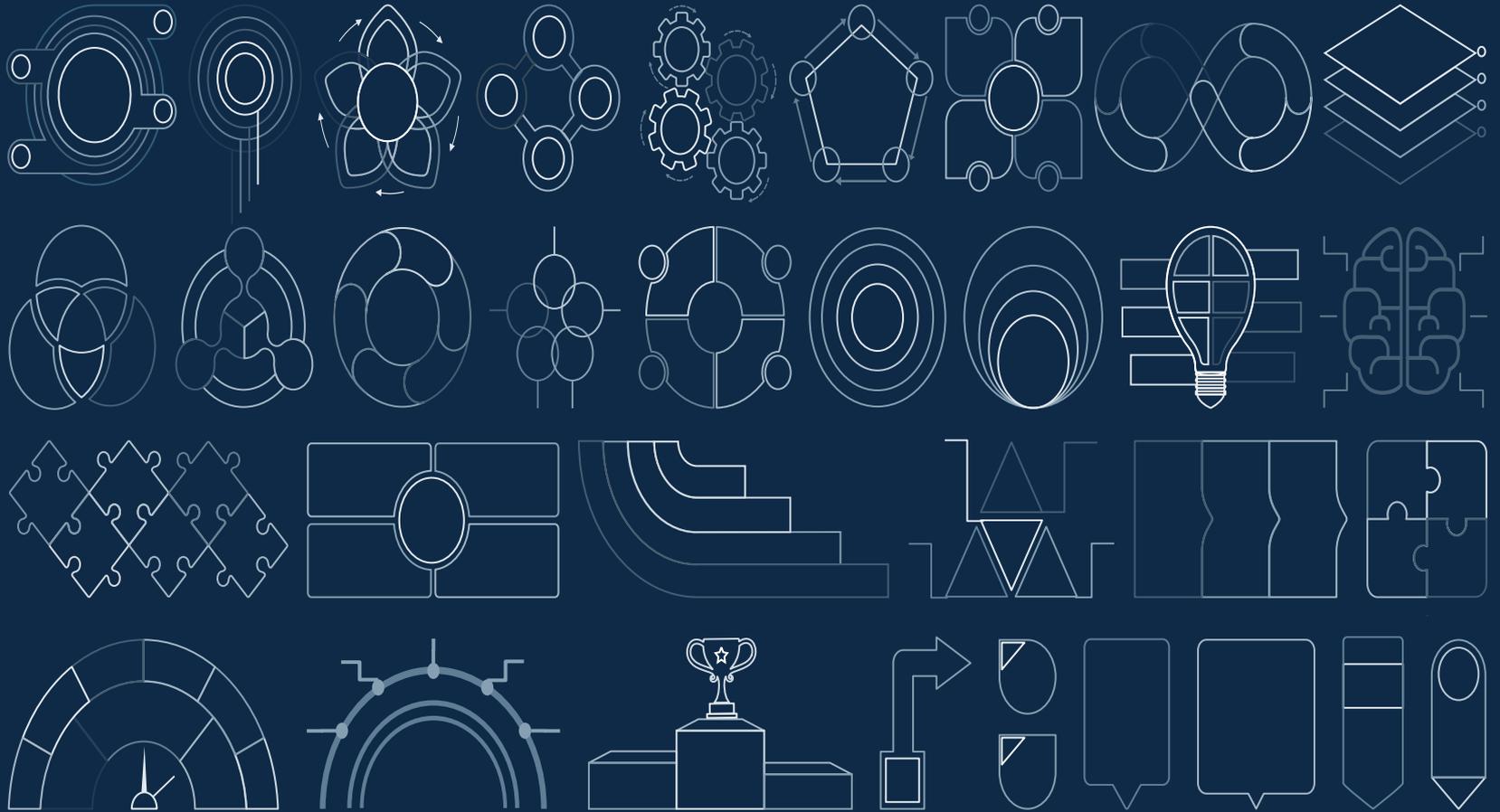
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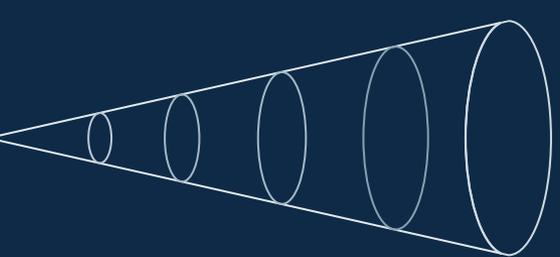
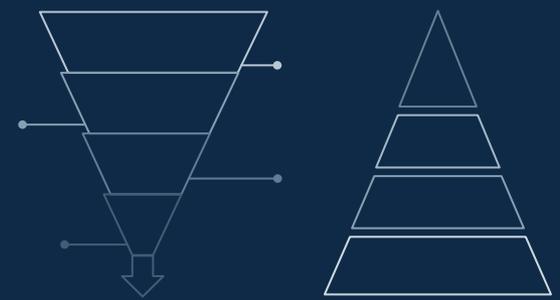
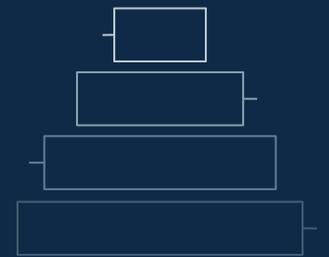
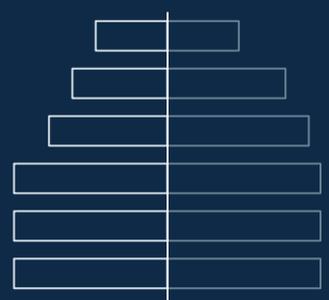
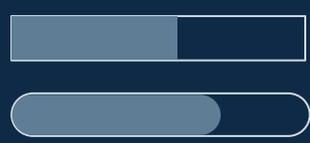
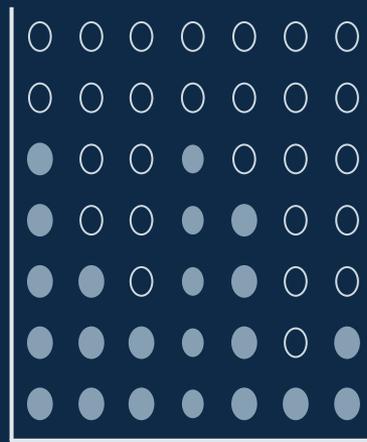
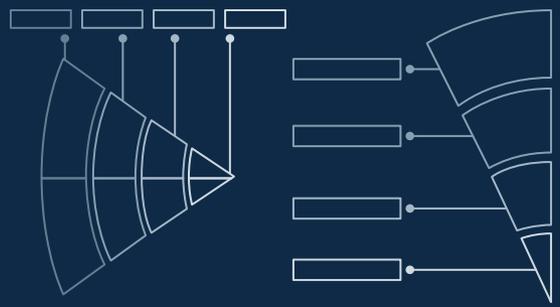
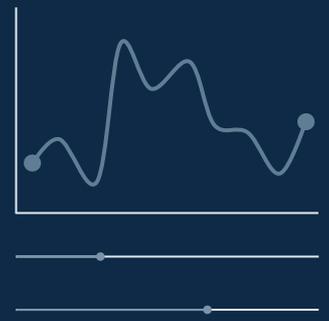
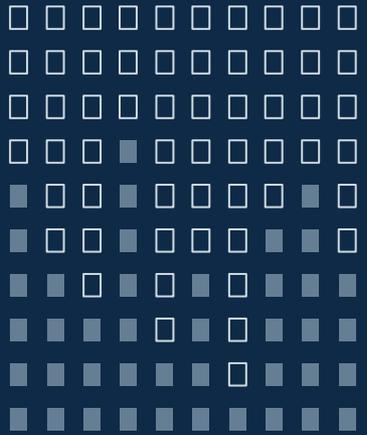


Now let's all head back to the
Main Conference Room!

<https://essdk.me/MainRoom>







...and our sets of editable icons

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