

## Thoughts on Making the Most of Your Time

For some of you, this conference may be an opportunity to rest and catch your breath, while for others it may be a source of high activation and discomfort. **Together**, with transparent intention and agreement, **we can practice** creating a space for learning, validation, and relationship building.

One way to maximize your participation in the conference is to place special awareness on the four qualities of resilience, and consider ways to put some effort and activity in each bucket.

1. **Opportunities for Service** - We are all participants in this conference community. Be intentional about staying present and helping others if you are able.
2. **Opportunities for Connections with Others** - We are all here with at least one thing in common - we are committed to reducing adversity! Use this time together to share resources and build relationships that move the work of trauma informed care (TIC) forward.
3. **Opportunities for Self-Efficacy & Mastery** - We will host learning markets where your mastery via lived experience, formal education, or work experience is welcome! Take advantage of this opportunity as a way to dive deeper into discussions on topics and themes that you want to explore further. In moments of uncertainty and discomfort, be brave and invite in curiosity and wonder.
4. **Opportunities for Self-Reflection** - You will have time after each workshop to reflect on what you've learned and consider ways of applying it to your work. Use it by filling out the "take away" cards found in your badge holder or provided at each workshop.

**Experience other worlds** - Consider participating in some workshops that are outside of your specific sector (e.g., if you consider yourself an educator, consider participating in a workshop on housing). In the work you do daily, reflect on who is being represented, who benefits, and who is left out? Allow that reflection to guide your selection in which workshops you attend with the intent of bringing to the forefront those who are not included.

**Community Care** - Allow and respect opportunities for identity specific work to take place and the spaces dedicated to that work. Also, with an eye of inclusion, who can you invite into your experience across identities?

Respect the rights of those you are sharing this space and experience with. Please ask for permission to take photos as well as provide transparency of how the photos/videos will be used and the platforms they will be posted on.

**Restore** - Visit the Wellness room at least once during your time with us! Specific times have been allocated for Black, Indigenous, People of Color (BIPOC).

- Wednesday, October 16: 12:00 pm - 05:00 pm \*03:15 pm - 05:00 pm BIPOC only\*
- Thursday, October 17: 08:00 am - 06:00 pm \*02:00 - 03:30 pm BIPOC only\*
- Friday, October 18: 08:00 am - 12:00 pm \*08:00 - 09:00 am BIPOC only\*

**Repair** - When you're invited to consider the impact your actions or words have had on another, consider responding with limited focus on yourself and maximum focus on repairing the relationship by taking responsibility. You might say, "I am sorry my words have had that impact on you," or "Thank you for sharing your experience with me, I am sorry for the unintended impact of my words."

Language, even with helpful intent, can be harmful. We are committed to shifting our conversations and words that excludes and "others" groups. For example, when you say, "Take a walk as needed," you are othering those who use other modes of modalities to get around. Instead, consider language that is more inclusive, such as, "Let's take a moment to meet our needs."