

Welcome to Week 10

21 October, 2019

Dear Colleagues,

Welcome to Week 10 of the Integrative Inquiry/Mindful Compassion Portion of ED815!

How are you? I trust all is as well as can be as we live this full catastrophe of life together.

As we move forward in this class, you might find yourself asking “why” questions; “why” questions invite a figuring out something – as in, “I need to fix this and in order to fix it, I need to find out why I continue to do it” – you can go there with if your awareness is calling your attention there if you would like to do so, but don’t go there alone. Rather, I invite you to go to the “why” with a trusted professional by your side– OK?

Mindful compassion leadership invites us to notice what we are noticing, inquire into in a manner that invites us to see what else is there to see; what else might be discovered here; and what else is possible. And please remember that when you don’t practice according to your expectations for yourself, invite in those self-compassion practices so you can heal and get “back on the horse” so to speak. The next moment is a new moment and a new opportunity for a new choice. Shine on!!!

This week we are focusing on trauma-informed practices that you can integrate in an in-class setting as well as an out-of-class setting. In essence, we are inviting in an understanding that we don’t know which of our students have had life experiences that may cause them to be triggered and/or create maladaptive responses to what is being experienced within our organizations. Given the research, we will be discussing this week, we invite educators to assume trauma is in the room and to plan accordingly.

During our in-class practice for this week, we will dive a little deeper into more of these practices. I look forward to seeing you in this week’s online practice, which will be October 22 from 7-8 pm pacific time. Join us online at (<https://SDSU.zoom.us/j/187491131>) or you can review the recording that will be posted following our in-class practice.

Shine on and don’t hesitate to let me know how to be of service.

In joy,

*Marilee and Carol*