

Welcome to week 11

Dear Colleagues,

Welcome to week 11 of the Integrative Inquiry/Mindful Compassion Course!

Given the deep and insightful sharing during our online practice, I am pausing here to take a moment to remind us all to honor the container for discovery that we have chosen to co-create together (confidentiality, using “I” language, staying in playful curiosity, practicing self-compassion, among many other commitments we have shared together). Just a gentle reminder so that we continue to cultivate the kind of exploring and sharing that I am so honored to witness many of you engaging in – thank you.

This week, in week 11, we are exploring what resilience is and how to cultivate it. We are also exploring that not all of us or the people we lead and serve may have ever had the opportunity to experience a baseline of safety or homeo-stasis. As such, this calls for reverence and compassion as we continue to learn about each other and our lived experiences.

Sometimes what makes working with resilience practice difficult is forgetting to address what Brene’ Brown calls our SFD’s (stormy first drafts). Remembering that the mind is a story telling machine, sometimes what takes us out becomes a story that we keep re-telling ourselves – our stormy first draft of what happened. Often fueled by emotion, our SFD may not be the most accurate story but our re-telling of it rewires us into accepting a half-truth that we make real through our repeated choices, thus pulling our ability to practice resilience sideways.

During our in-class ONLINE PRACTICE this week, we will practice some resilience exercises as well as engage in an exercise Brene’ Brown recommends for stepping away from our SFD’s. That practice can be found at <https://daretolead.brenebrown.com/wp-content/uploads/2018/10/Story-Rumble-Process.pdf>

I look forward to seeing you in-person on Friday and seeing you online at <https://SDSU.zoom.us/j/187491131> on Thursday, October 31, from 12-1 pm pacific time.

In joy and happiness,

*Marilee and Carol*