

Welcome

- Thank you for joining this series: **Connect and Share: Self-care strategies** hosted by Prosper Canada on behalf of the ABLE Steering Committee.
- The session will begin shortly.

Technology Details:

For technical assistance during the session, please email events@prospercanada.org

Participants should connect using VOIP. Please check that the volume is turned up on your computer, and that you have enabled your web-camera and microphone.

If dial in option is required, please check your event invitation under the “Join by phone” details

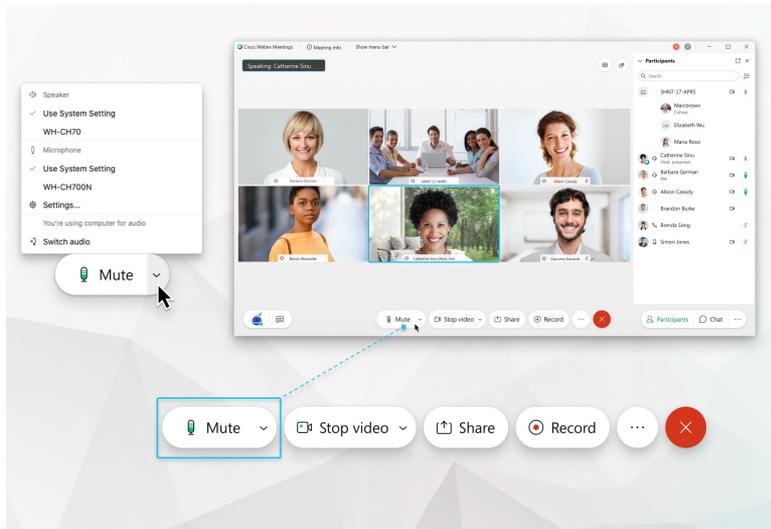
Access Code: **132-303-4891**

#2021ABLE



Session logistics

Please keep your microphone on mute until the sharing portion of today's session.



For closed captioning, please click the “CC” button on the bottom left-hand corner of the meeting platform.



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Land acknowledgement

2021 ABLE virtual series

Recover and Rebuild: Helping Canadians build financial security during the pandemic and beyond

The **2021 ABLE Financial Empowerment (FE) virtual series** is a collection of online financial empowerment events designed to provide financial empowerment stakeholders with knowledge, tools, resources and insights on financial topics to help struggling Canadians build financial resilience through the pandemic and recovery.

- **Spring series** – designed for practitioners, interactive
- **Fall series** – designed for all FE stakeholders

The 2021 ABLE virtual series is hosted by Prosper Canada on behalf of the ABLE Steering Committee.



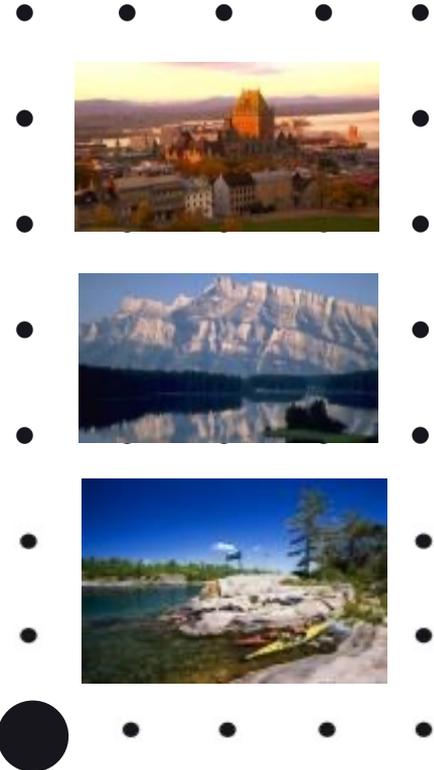
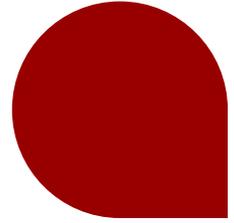
About us



ABLE is a cross-sector community of practice working to reduce poverty through financial empowerment.

Prosper Canada

Prosper Canada is a national charity dedicated to expanding economic opportunity for Canadians living in poverty through program and policy innovation.



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Today's session

Objectives

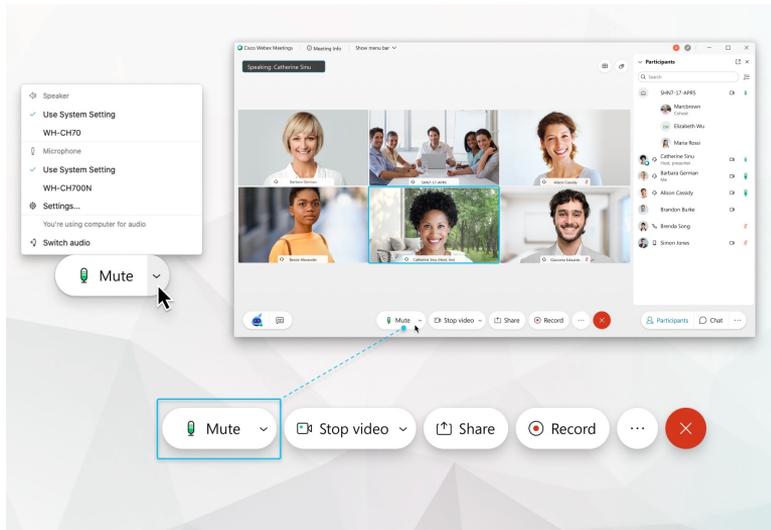
- Reflect on the importance of self-care
- Learn and share self-care strategies
- Draft an action plan for self-care
- Connect and network with others in the field

Guidelines

- Listen and hold back judgement
- Respect privacy
- Keep discussions on topic
- Discriminatory comments will not be tolerated

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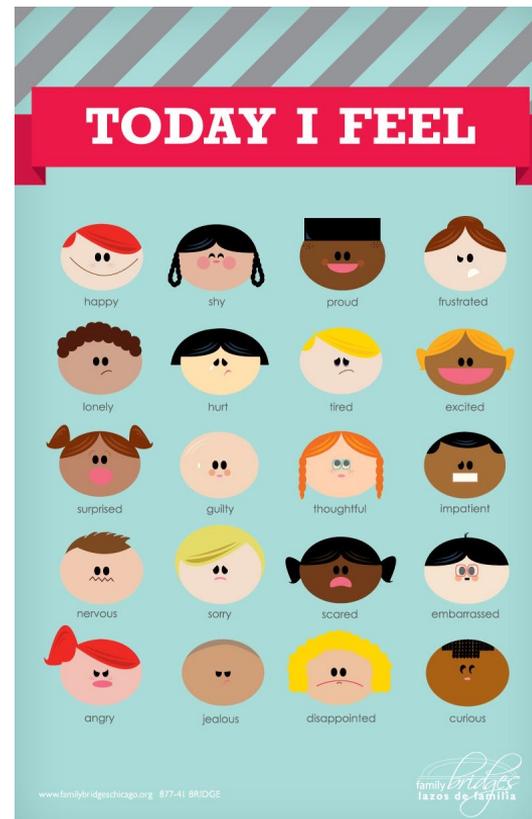
Warm-up

ABCs of self-care:

awareness, balance, connection

How are you feeling today?

Respond with a “Reaction” or type
one word in the chat box



Small group breakout

In your breakout room, introduce yourself and share:

1. One thing you have done in the past year to take care of yourself
2. What impact this had on your well-being, relationships, or work

Use the “Ask for help” button in the breakout room if you need help.

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Connect and Share: Self-care strategies

Reflection

In the past year, what are some things I have done to take care of myself?

What impact does self-care have on my well-being, relationships, and work?

Brainstorm

What self-care ideas and strategies would I like to try in the following areas: physical, psychological/emotional, social, spiritual/cultural, and professional?

How can I: cope with stress, find balance, develop a positive mindset, find support?

Feel free to use the “Reflection” portion of the worksheet to jot down your thoughts.

Brainstorming activity

In your breakout rooms, brainstorm and share self-care ideas and strategies.

What ideas do you have about:

- Coping with stress
- Finding balance
- Developing a positive mindset
- Finding external support and resources

Think about different areas of self-care:

- Physical
- Psychological
- Social
- Spiritual / cultural
- Professional

Brainstorming activity

Designate one person in your group to take notes and report highlights.

Use the “Ask for help” button in the breakout room if you need help.

Feel free to use the “Brainstorm” portion of the worksheet to jot down your thoughts.

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Connect and Share: Self-care strategies

Reflection

In the past year, what are some things I have done to take care of myself?

What impact does self-care have on my well-being, relationships, and work?

Brainstorm

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Large group share

Share 1 or 2 highlights from your group brainstorm.



Use the “Raise Hand” function to share verbally or type in the chat box.

Action plan

Connect and Share: Self-care strategies

Action plan

What are my overall goals for my well-being?

Who can I turn to for support? What resources do I have access to?

What are two activities or strategies I would like to try in my own self-care practice?

I will begin my self-care practice starting (date):

Discussion

What resources are in place at my workplace or organization to support my well-being? What initiatives would I like to see?

Resources

[Connect and Share: Self-care strategies worksheet](https://learninghub.prospercanada.org/wp-content/uploads/2021/05/Self-care-strategies-session-worksheet-fillable.pdf) - Prosper Canada
[Implementing a practice of self-care for practitioners \(lipsheet and action plan\)](https://learninghub.prospercanada.org/wp-content/uploads/2021/03/implementing-a-practice-of-self-care-fillable.pdf) - Prosper Canada
[Self-care self-assessment - Therapist Aid](https://www.therapistaid.com/worksheets/self-care-assessment.pdf)

Think about:

- Overall goals for your well-being
- Supports and resources
- Activities / strategies you would like to try
- When you would like to start

What self-care supports or initiatives have been implemented at your organization?

Feel free to use the “Action plan” portion of the worksheet to jot down your thoughts.

Resources

Connect and Share: Self-care strategies worksheet - Prosper Canada

<https://learninghub.prospercanada.org/wp-content/uploads/2021/05/Self-care-strategies-session-worksheet-fillable.pdf>

Implementing a practice of self-care for practitioners (tipsheet and action plan) - Prosper Canada

<https://learninghub.prospercanada.org/wp-content/uploads/2021/03/Implementing-a-practice-of-self-care-fillable.pdf>

Self-care self-assessment - Therapist Aid

<https://www.therapistaid.com/worksheets/self-care-assessment.pdf>

Poll

How would you rate today's session?

- Excellent
- Good
- Fair
- Poor
- Very poor

Poll

Would you be interested to participate in community of practice events in the future?

- Yes
- No

If you found value in today's discussion and would like to be notified of future community of practice events and consultations, email Prosper Canada at afremont@prospercanada.org

Thank you for joining us

Today's event is part of the **2021 ABLE virtual series**. Please visit ablefinancialempowerment.org to view a complete list of events.

The next event is on:

June 9, 2021 – 1:00 PM EDT

Virtual one-on-one client support: Learnings from the pandemic year





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