



## **A PEEK INTO WORKSHOP 1 "ON GRIT & SELF-CARE"**

**Live Webinar - Monday, August 20, 6 PM EST**

Ice Breaker + Introductions

Review Designed Alliance

Assumptions + Agreements

De-Icer Activity

What is Grit?

Teaching + Discussion on Self-care

Choose Aliveness Self-Care Activity

Saboteurs

Preview of Workshop Flow + Next Steps

Questions

### **Workshop 1 Resources & Activities**

Grief & Gratitude Journal Instructions + Template

*Activity:* Participate in Grit Scale

'Grit' Video Resource

*Activity:* Personal Journaling Response to Prompt

*Activity:* Meet Your Saboteur

*Guided Activity:* Design Your Own Self-Care Practice

Discussion Forum

FlipGrid Response to Coaching Question