



Rink / Lockers

Feeling Benched?

Rediscover your inner resilience
during times of uncertainty and chaos

Jenn Chan & Kai Stowers

June 3, 2020

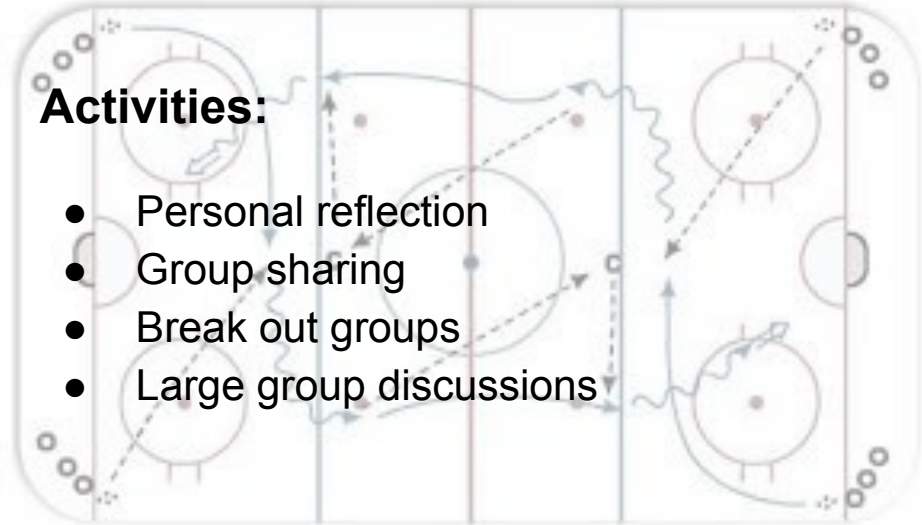
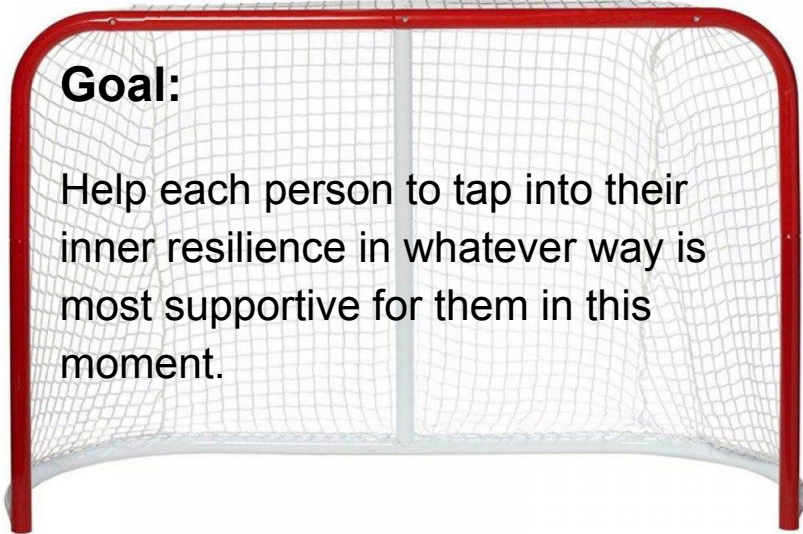
Our plan for tonight

Goal:

Help each person to tap into their inner resilience in whatever way is most supportive for them in this moment.

Activities:

- Personal reflection
- Group sharing
- Break out groups
- Large group discussions



Ground Rules

- ★ Respect Differences
- ★ Share your Truth
- ★ Try Something New
- ★ Keep an Open Mind
- ★ Step Forward, Step Back
- ★ Be present



Personal Reflection

What do
you
miss the most?





What offers you
solace, comfort, joy,
or hope?

Group Sharing

You know how to seek what brings you joy



What are attributes of NCWHL hockey players?



grit
success
support
fast
therapy
admiration
tenacity
team
resilience
strength
joy-for-others
collaborative
sanctuary
relief
joy
willing-to-learn
laughter
take-care-of-each-other
funny
cathartic
together
supportive
stress
work-well-together
fun
humor
unwilling-to-take-shit
job
impressive
present
mindful
focused
bench-smacktalk



“Sometimes the bravest and most important thing you can do is just show up.”

Brené Brown

Personal Reflection / Activity

I am not afraid of storms, for I am learning to sail my ship.

Louisa May Alcott

Nov 29, 1832 - Mar 6, 1888







Worksheet Available

Go to:

<https://tinyurl.com/feelingbenched>

Tapping into my Inner Resilience

Worksheet

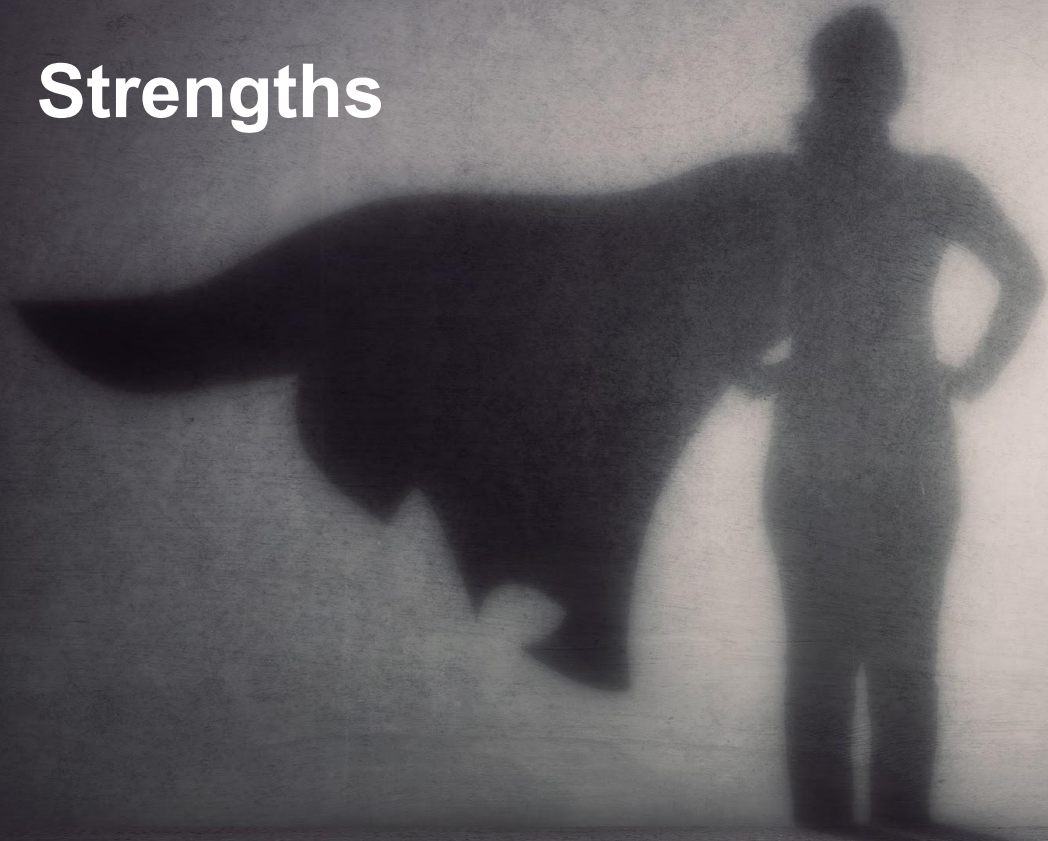
Current understanding of my situation			
 Values <small>3 important things I'm guided by</small>	 Strengths <small>Cards I'm holding</small>	 Greatest Need <small>Where I need to be in 30 days</small>	 Obstacle <small>1 thing in my way to focus on</small>
Habits or routines I need to...			Next Steps & Success Indicators
Break	Do or Keep Doing	Learn and Practice	

This worksheet was created for NCVHL Community Canvas: Feeling Benched? Rediscover your inner resilience to navigate through times of uncertainty and chaos (6/3/2020). For more information go to www.ncvhl.com

Value: Guides me in the right direction (*Pick three*)

Authenticity	Citizenship	Fame	Kindness	Pleasure	Self-reliance
Achievement	Community	Friendships	Knowledge	Poise	Service
Adventure	Competency	Fun	Leadership	Popularity	Spirituality
Authority	Competition	Growth	Learning	Recognition	Stability
Autonomy	Contribution	Happiness	Love	Religion	Success
Balance	Creativity	Honesty	Loyalty	Reputation	Status
Beauty	Curiosity	Humor	Meaningful Work	Respect	Trustworthiness
Boldness	Determination	Influence	Openness	Responsibility	Wealth
Compassion	Fairness	Inner Harmony	Optimism	Security	Wisdom
Challenge	Faith	Justice	Peace	Self-Respect	

Strengths



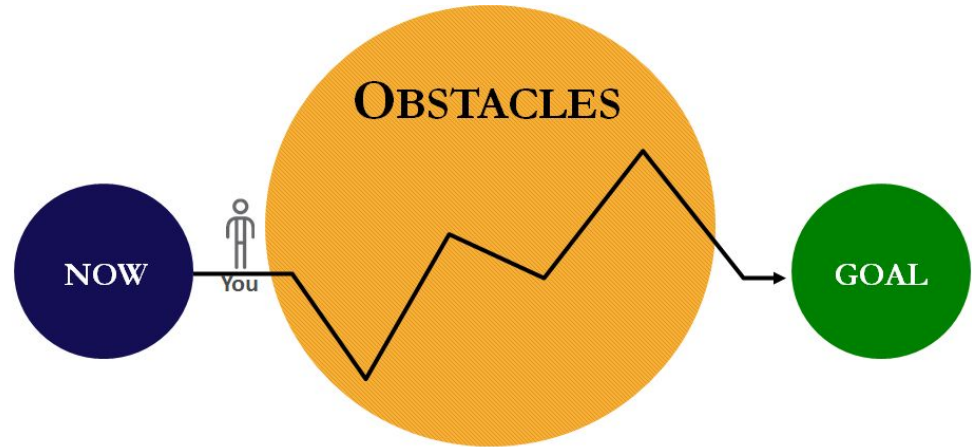
What cards are you holding right now?

Greatest Need: Where do you need to be in 30 days?

Examples:

(emotional, monetary, functional)

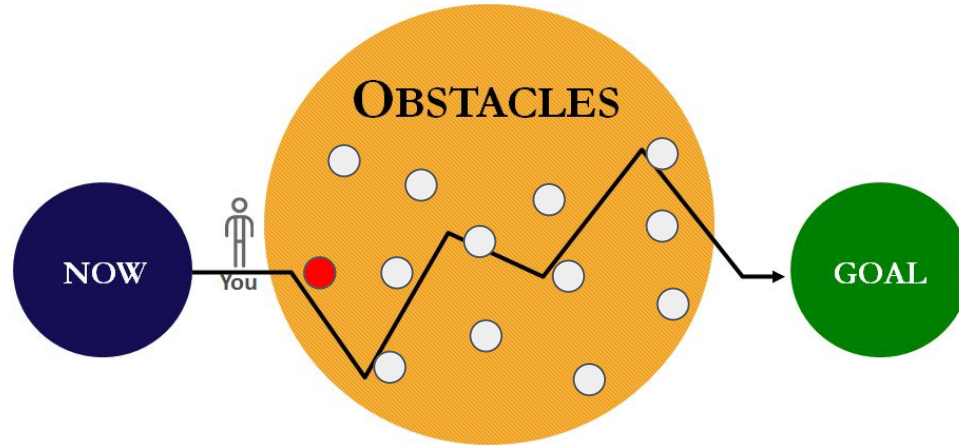
- Get a job
- Have childcare for my kids
- Settle my chaotic mind
- Lose 5 lbs
- Learn more about racial injustices



Obstacles: Things in the way of your goal



Focus: Pick one obstacle to focus on.



Ask yourself:

Why does this obstacle exist?

Which *habit or routine* supports that obstacle?

Small Group - Break Out Rooms

Action: Brainstorm next steps

I need to _____ in 30 days.

Consider...



Your **values**



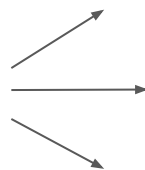
Your **strengths**



Your **greatest need (goal)**

Discuss in small groups what you want to work on and what success looks like.

Identify one habit or routine...



to **break** because it does not align to my values

to **do or keep doing** because it supports my goal

to **learn and practice** to help foster resilience

Worksheet Available





Go to:

<https://tinyurl.com/feelingbenched>

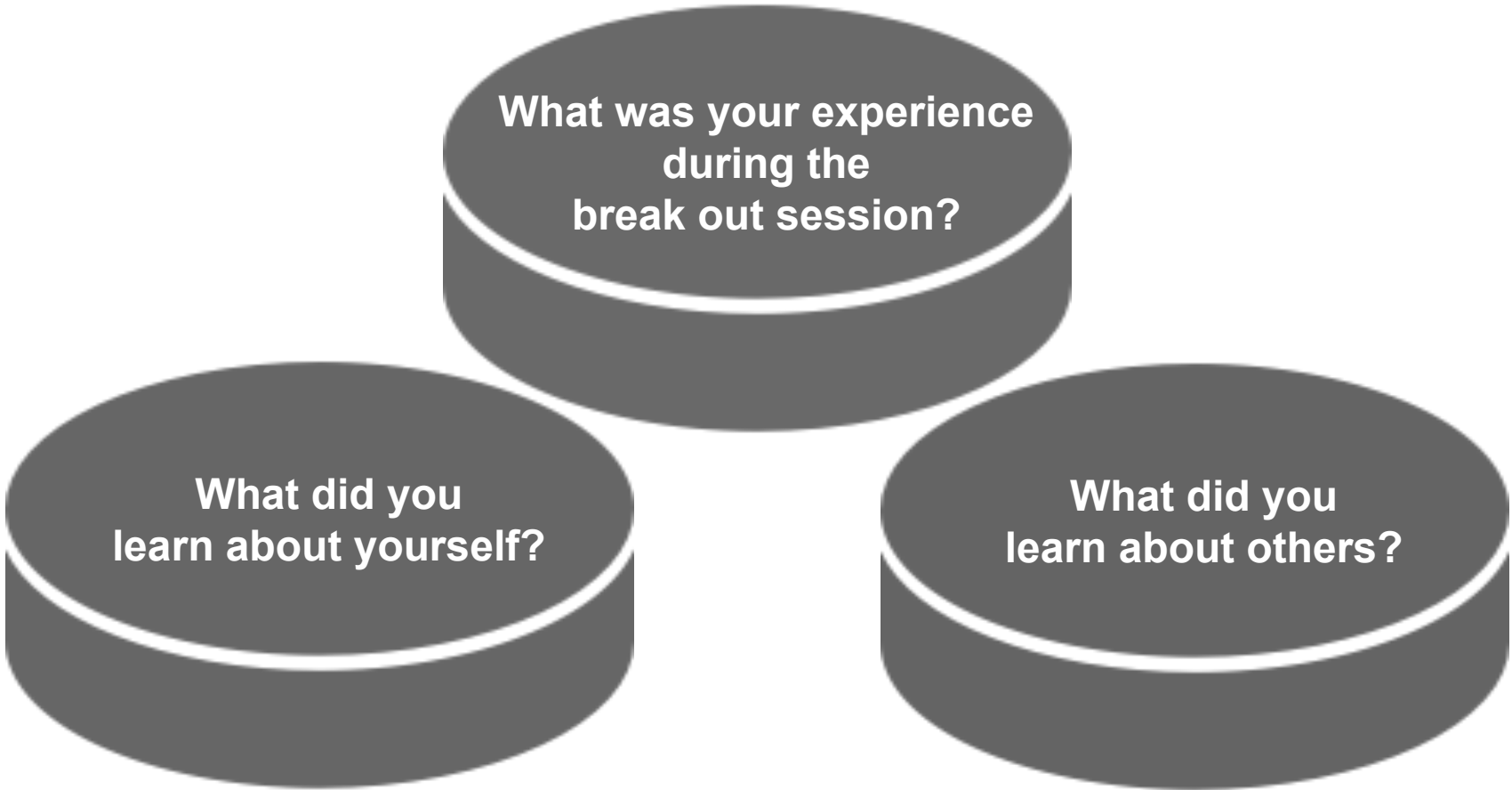


Tapping into my Inner Resilience

Worksheet

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**What was your experience
during the
break out session?**

**What did you
learn about yourself?**

**What did you
learn about others?**



Q & A

Until Next Time...

*What are you going to
do with your one wild
and precious life?*

Mary Oliver



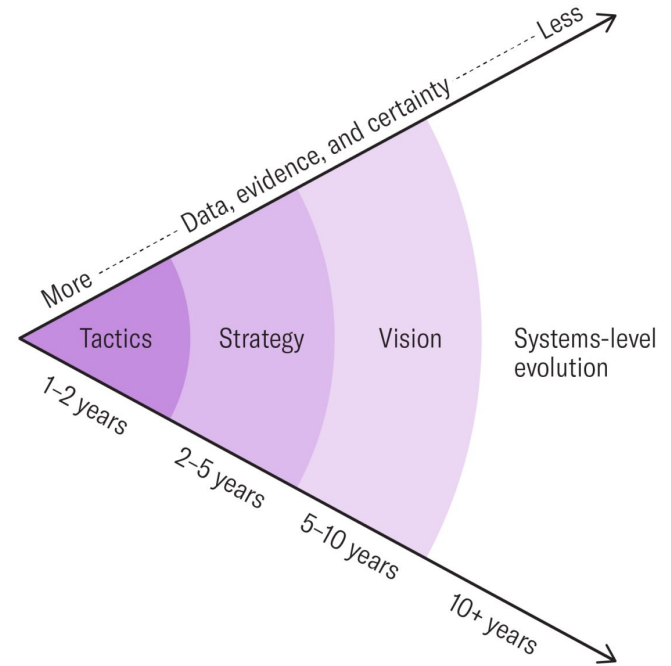
Still I Rise

Maya Angelou

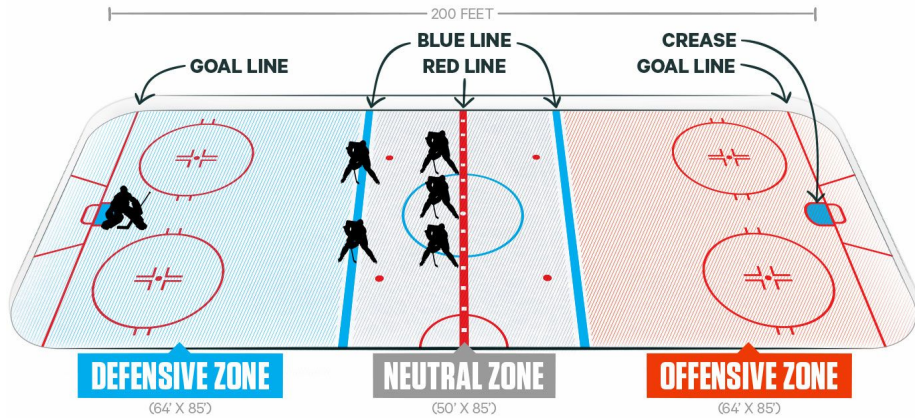


Resources

- [NCWHL Assists! Community Board](#)
- [Resources to Support Your Mental health During COVID-19 Outbreak](#)
- [That discomfort you're feeling is grief](#)
- [How to do strategic planning like a futurist](#)
- [Lifeline Exercise](#)
- [What is Lean?](#)
- [The Power of Habit](#)
- [Justice in June](#)



Source: Amy Webb, Future Today Institute



Thank you for joining us!

Have Questions?

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NCWHL COMMUNITY CONVOS

Feeling Benched?

Rediscover your inner resilience during times of uncertainty and chaos

Wednesday, June 3, 7- 8:30 pm

Jenn "JLo" Chan
Red, #28

Kai Stowers
Maroon, #95, Goalie, #34

