



EMPOWERED TO SERVE

UNVEILING THE H.E.A.L. FRAMEWORK™



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Grant Writer, Mental Health, & Equity Consultant

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- **Pronouns:** She/her
- **Physical Description:** Fair skin AA woman, rainbow glasses, blonde locs, ongoing big smile
- **Family:** 1 husband, 1 daughter, & 1 son
- **Academics:** Historically Black College/University (HBCU) graduate – Oakwood University & Masters from Cleveland State University in Social Work
- **Practice:** School, Hospital, Corrections, Court, Grants Management, & Community
- **Life Motto:** *“Nobody cares how much you know, until they know how much you care”.*



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“NO ONE CARES
HOW MUCH
YOU KNOW,
UNTIL THEY
KNOW HOW
MUCH YOU
CARE”.

THEODORE ROOSEVELT



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WHAT'S YOUR WHY?

Share reason(s)
why you do this
work.



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Safe Space Activated

- We will assume that each of us is coming from a place of good will and that we are working to achieve a common goal
- We will acknowledge that regardless of background we have all been influenced by racist structures and perspectives
- Touch, speak to, and learn from the elephant in the room.
- Feel uncomfortable.
- Active participation that allows everyone a chance to contribute to the conversation.
- Responses used outside of the zoom chat are anonymous.
- We will give each other room to make mistakes when trying to articulate their feelings and concerns
- Share challenges openly so that we can learn together and develop better ways of doing things.
- Be present in the moment.
- Implement the progress.

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HONOR PAST EXPERIENCES

ACKNOWLEDGE THE IMPACT OF
PERSONAL PAST TRAUMAS AND
CHALLENGES, TO UNDERSTAND
THEIR INFLUENCE ON YOUR
ENGAGEMENT WITH OTHERS.

JÉRIE HURST

8-years old



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LET'S REFLECT

What challenging experience from your past has influenced your why and/or approach to providing service?

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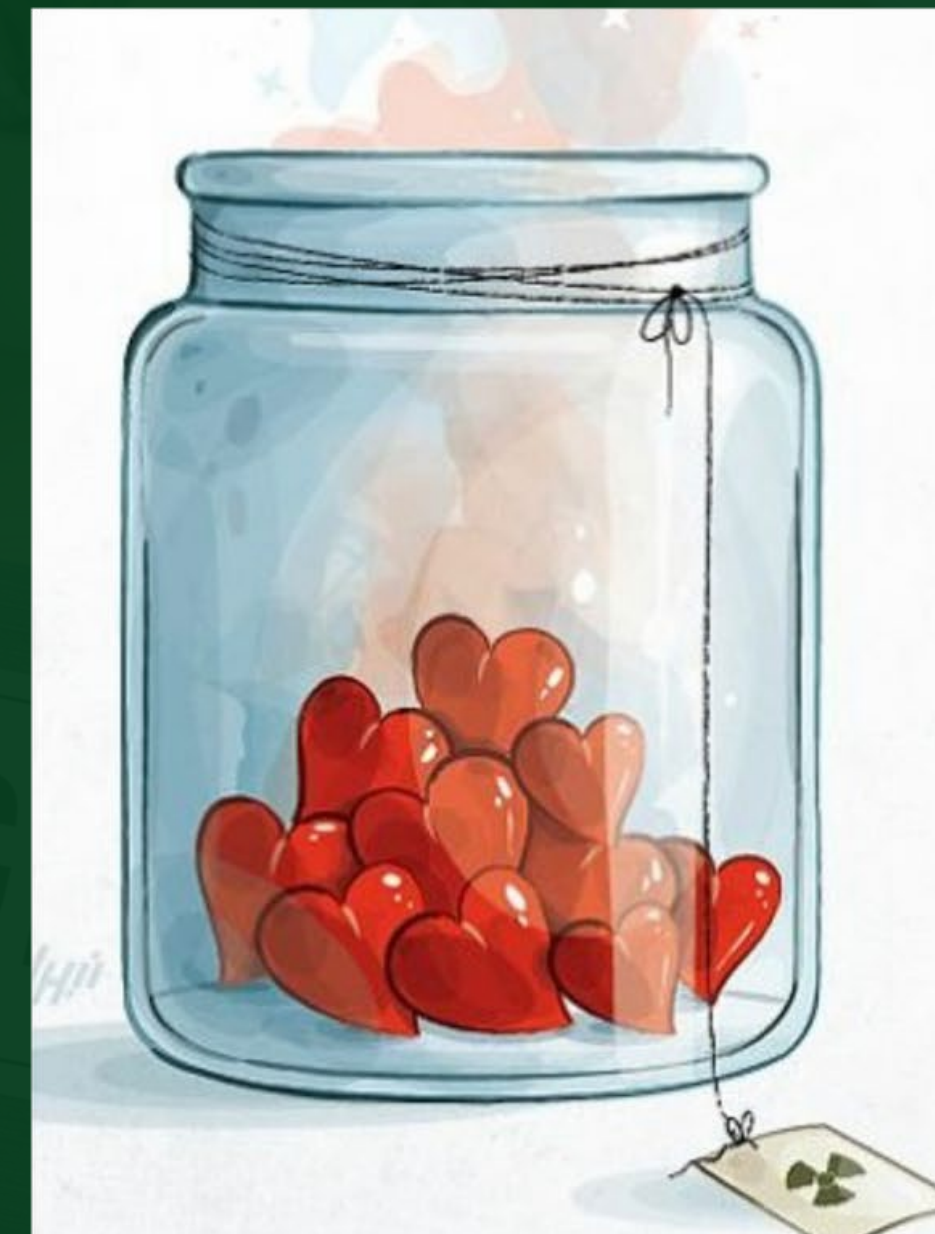
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EMBRACE THE JOURNEY OF HUMANITY

EXTEND THE SAME KINDNESS
AND UNDERSTANDING OFFERED
TO OTHERS TO ONESELF.



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LET'S REFLECT

What human flaw have you had
challenges with accepting about yourself?

How has that influenced your ability to
care for yourself and/or others?

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ATTUNE TO THE CURRENT NEEDS OF OTHERS

PRACTICE MINDFULNESS AND
FOCUSED AWARENESS TO
REMAIN FULLY PRESENT
WITHOUT PROJECTING PAST
EXPERIENCES ONTO OTHERS.

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LET'S REFLECT

In what ways can being fully present and attuned to others current needs enhance the quality of your own self-care?

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LIBERATE THROUGH SELF COMPASSION

EXPERIENCE FREEDOM FROM
PATTERNS OF BURNOUT BY
NURTURING ONESELF WITH
SELF- COMPASSION.

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YOU DESERVE TO

H

Acknowledge the impact of personal past traumas and challenges, to understand their influence on your engagement with others.

E

Extend the same kindness and understanding offered to clients to oneself.

A

Practicing mindfulness and present-focused awareness to remain fully present without projecting past experiences onto others.

L

Experiencing liberation from patterns of burnout by nurturing oneself with self-compassion

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LET'S REFLECT

Imagine a future where you consistently practice self-compassion in your role.

How would this impact your energy levels, emotional well-being, and the way you provide care to others?

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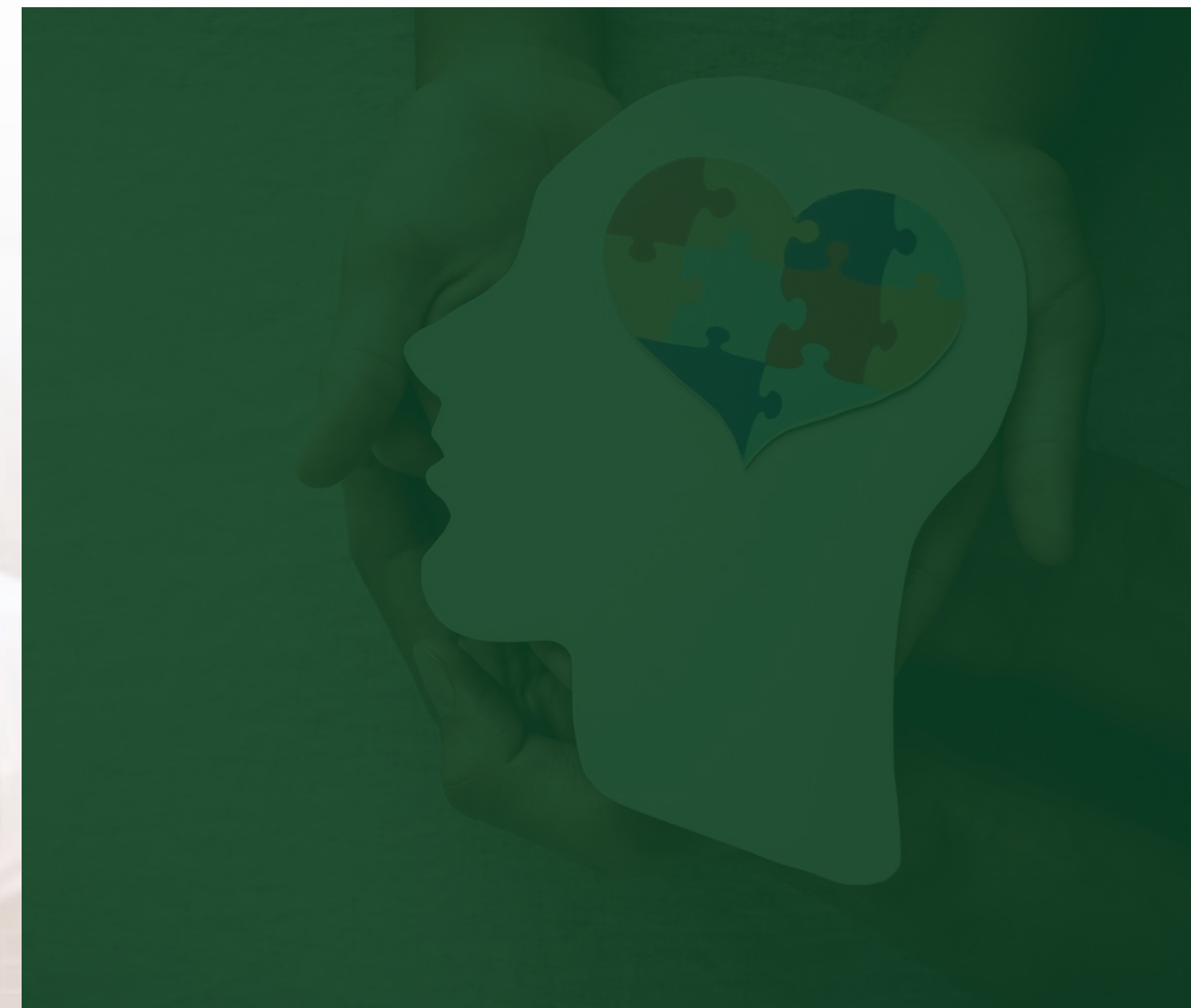


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WHAT'S NEXT?

Create Your
Super-hero
Self-care Plan



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THANK
YOU!
LET'S STAY IN TOUCH.

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