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UMACS Conference 2021



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Sustaining Ourselves

A collaborative mini-retreat for sustainability professionals.

While we wait for others to join, prepare your space:

- Grab comfort items: sweater, tea
- Turn off overhead lights
- Silence notifications & close out of email!





Meditation & Grounding

Please mute yourself, close your eyes or turn your gaze to the floor for quiet reflection.



Today's Session



01

Introductions

Let's get to know each other!

03

Goal Setting

What do you want to walk away with?

02

Small & Large Group Discussion

Burnouts & Energizers

04

Repeat!

Model for your own group!





01

Introductions

Please state your name & what brought you here today

Group Discussions

What burns you out?



What brings you joy?

slido



What burns you out?

① Start presenting to display the poll results on this slide.

slido



What brings you joy?

① Start presenting to display the poll results on this slide.

Small Group Discussions



Re-introduce yourself (NOT using your professional title, you are more than your job!)

Share what you would like in a small group setting
Suggestion: solutions to burn outs

Everyone shares once before someone speaks again.



slido

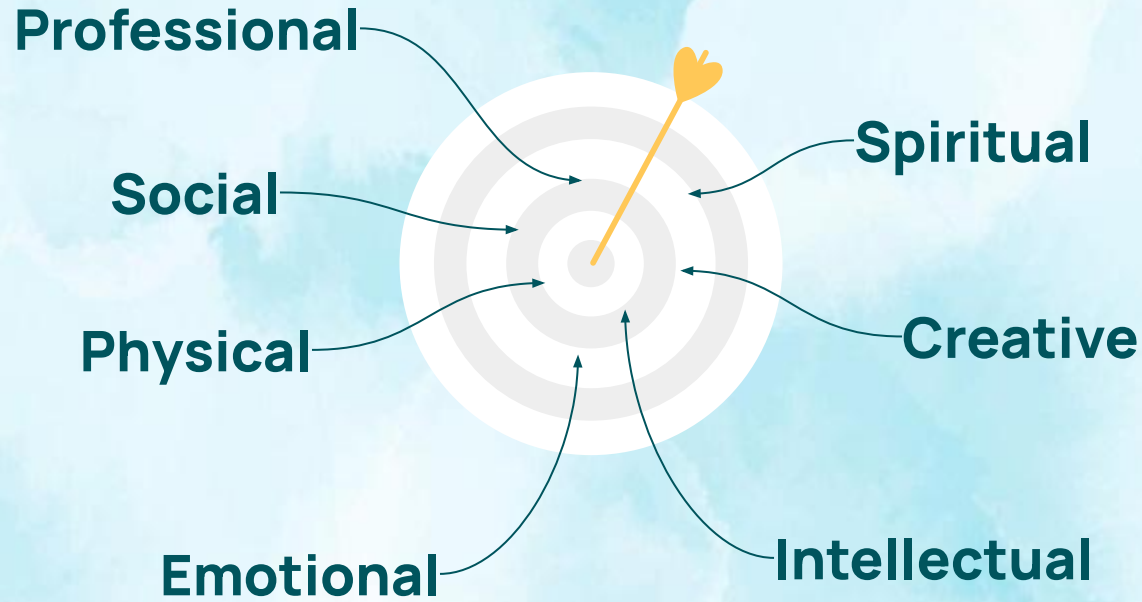


**What did you learn from
your small groups?**

① Start presenting to display the poll results on this slide.



What is one goal you hope to achieve after this workshop?



Sustaining Ourselves Workshops

Keeping ourselves well is important to continue this work. You can do this for your team! Main elements of our workshops:

- Introductions and building relationships
- Reflect on burnout factors
- Successes and happy moments too, it's fun to celebrate our wins!
- 12-hour event over two days, staying overnight
- Physical time
- Outside time



Sample Workshop



Day One:

- 3PM-4PM Arrival/move into rooms 3PM
- 4PM-6PM Getting to know each other- learning each other's story?
- 6PM-7:30PM Eat together
- 7:30PM-9PM How do you do this work and not burn out?/How do you sustain yourself?

Day Two:

- 8-9AM Breakfast
- 9-10:30AM Share common challenges: Discuss what tools/tricks/things have you learned to address the challenges?
- 10:30-12PM Open session part 1: let's discuss what you want to chat about
- 12PM-1PM Lunch
- 1PM-2PM Open session part 2: let's discuss topics you want to chat about
- 2PM-3PM Wrap-up/nuggets of wisdom/upcoming opportunities to collaborate
- 3PM End day, depart for home



Homework for today:

Go outside before the next session!





Thanks!

Please connect with UMACS!

info@umacs.org

<https://www.umacs.org/sustaining-ourselves-workshop.html>



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