

The background of the slide is a photograph of a dense forest of tall, thin trees, possibly birches, under a bright blue sky with scattered white clouds. A white rectangular box with a thin black border is centered on the slide. Inside this box, at the top center, is a small, solid tan-colored rectangle. Below this, the title "COMPASSIONATE SYSTEMS LEADERSHIP" is written in a large, bold, black, sans-serif font, split across two lines.

COMPASSIONATE SYSTEMS LEADERSHIP

A framework for supporting mental health in schools and beyond.

2023 FISA Webinar series (#4)

Review: Session 2.1 - 2.3

- Brief review of CSL & 3-legged stool
- Check-in
- Creative tension
- Davidson model
- Mandala of systems awareness
- Ways of showing up
- The 4-player model

Session 2.4

- (Check-in)
- The 4-player model
- Shifting the burden
(incl. a quick review
of icebergs)



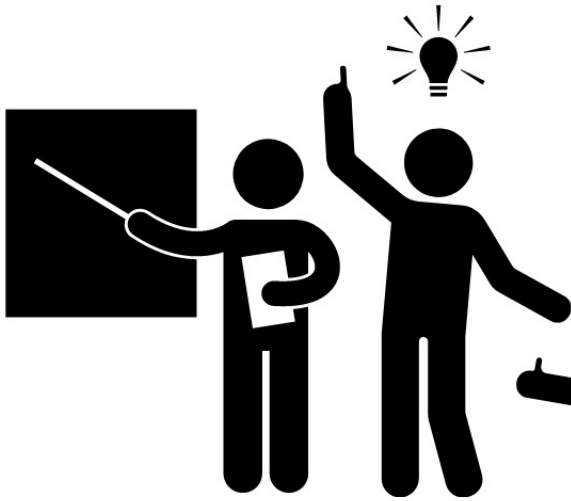
CHECKING IN



Journaling

What is moving or bubbling up in you? What is top of mind as we gather today? What is a place in your life that you are working towards some kind of change or growth? What are you already trying? What might you want to try?

Ways of participating



Moving

Initiating action or suggesting a direction. Introducing new ideas or concepts.

Initiating an action.



Following

Getting behind & supporting others' ideas. Taking necessary action to carry ideas forward.

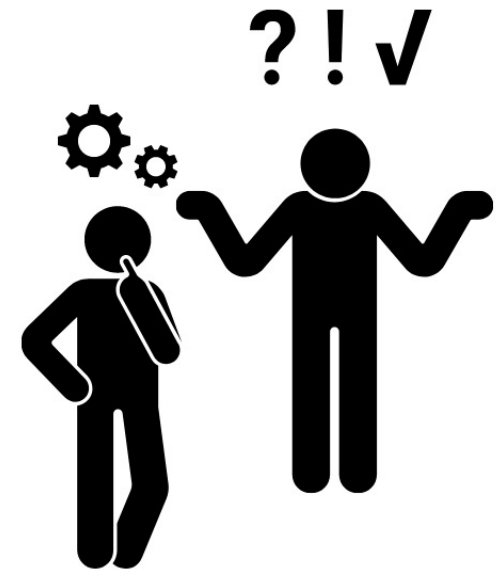
Completing an action.



Opposing

Challenging & pushing back on ideas to provide options & help shore up weaknesses.





Correcting an action.



Bystanding

Bridging & observing to offer a neutral perspective & reconcile seemingly disparate ideas.





Connecting viewpoints.

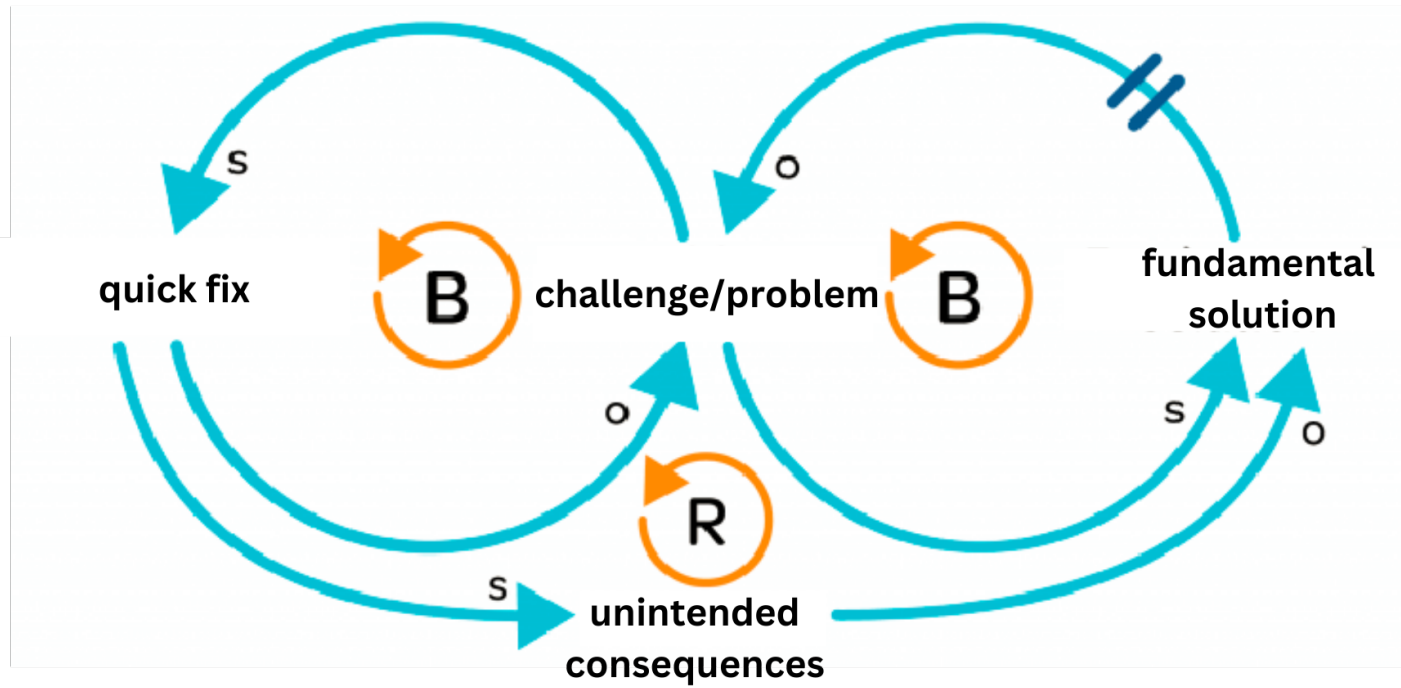
Consider...	 Opposer	 Mover	 Follower	 Bystander
A time you showed up as a(n)...				
Characteristics you showed as a(n)...				
Why you may have showed up as a(n)...				



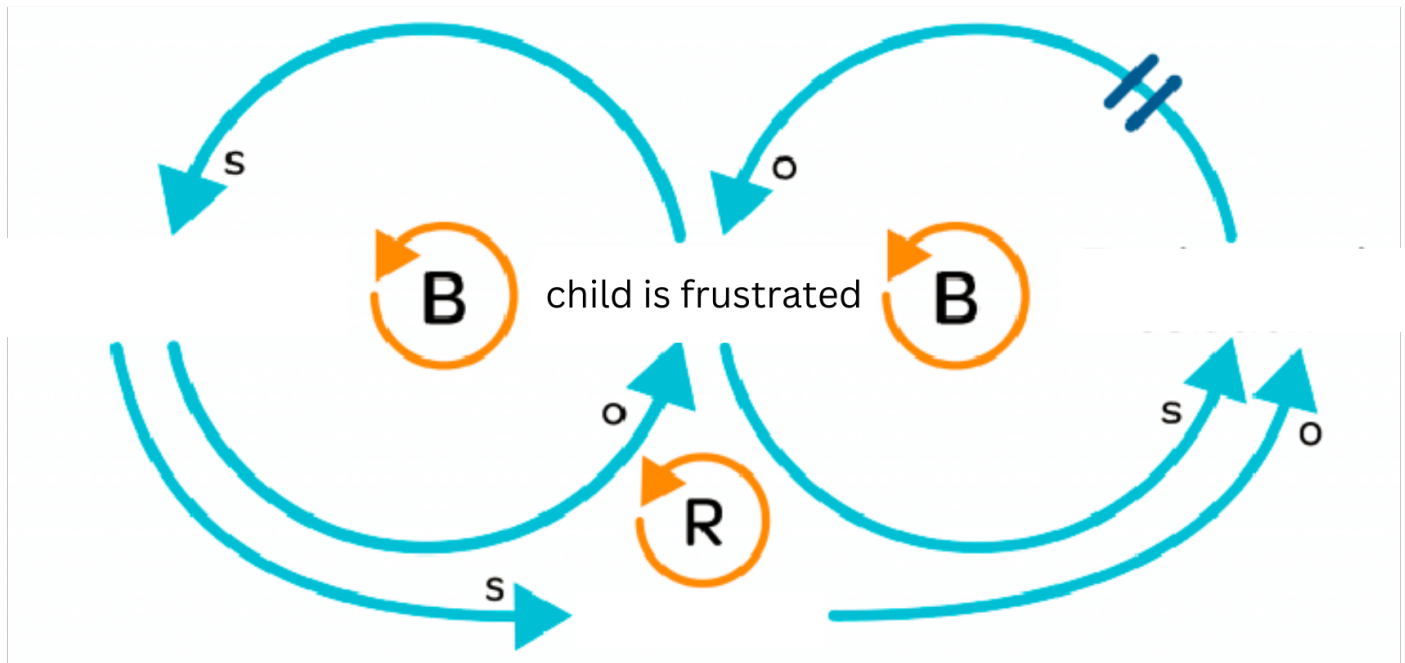
Journaling to gather thoughts...

- I am curious about...
- Something that particularly resonates...
- A question I still have is...

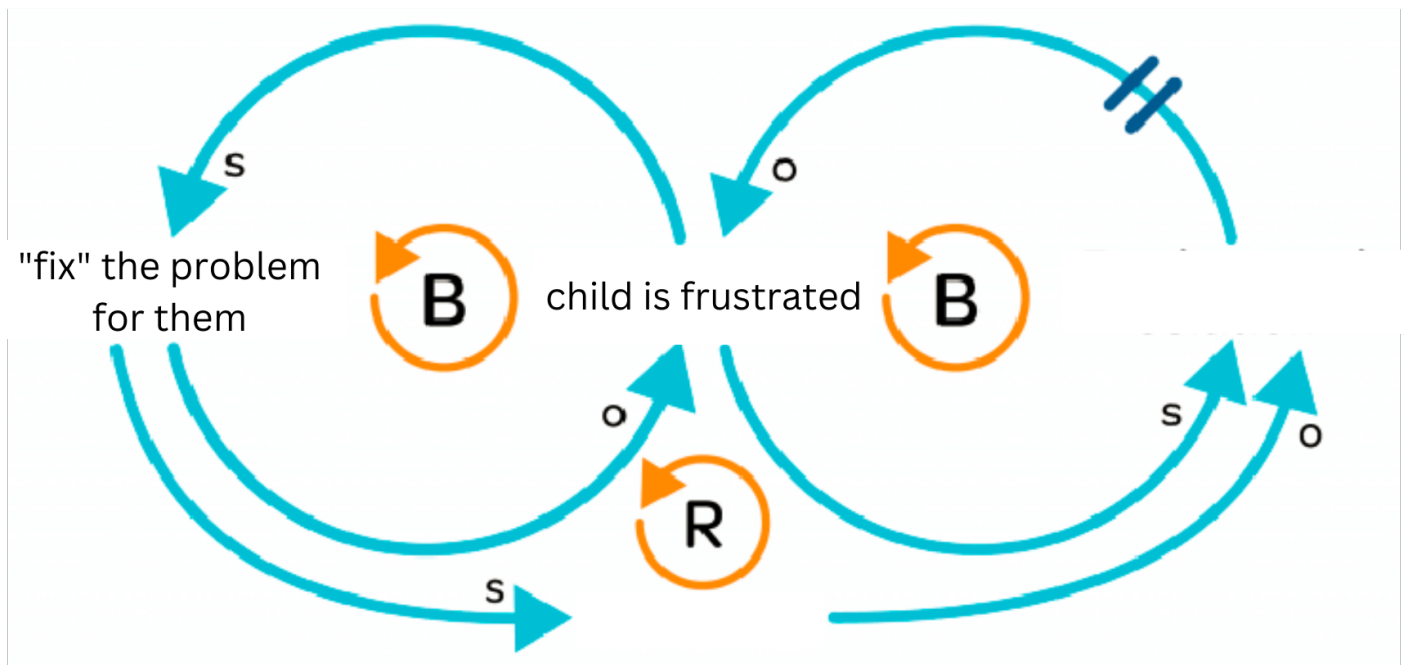
Consider...	 Opposer	 Mover	 Follower	 Bystander
A time others showed up as a(n)...				
Characteristics they showed as a(n)...				
Why they may have showed up as a(n)...				



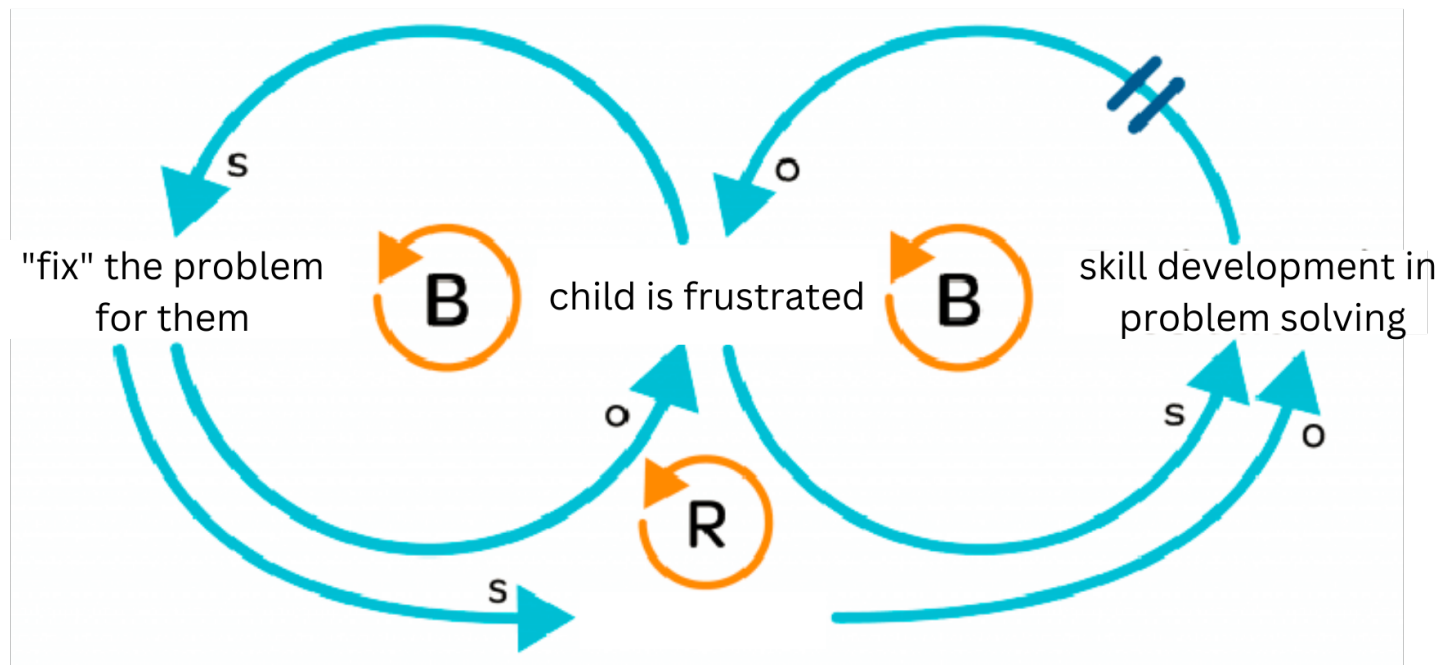
This model from The Waters Center for Systems Thinking <https://thinkingtoolsstudio.waterscenterst.org/courses/05-shifting-the-burden>



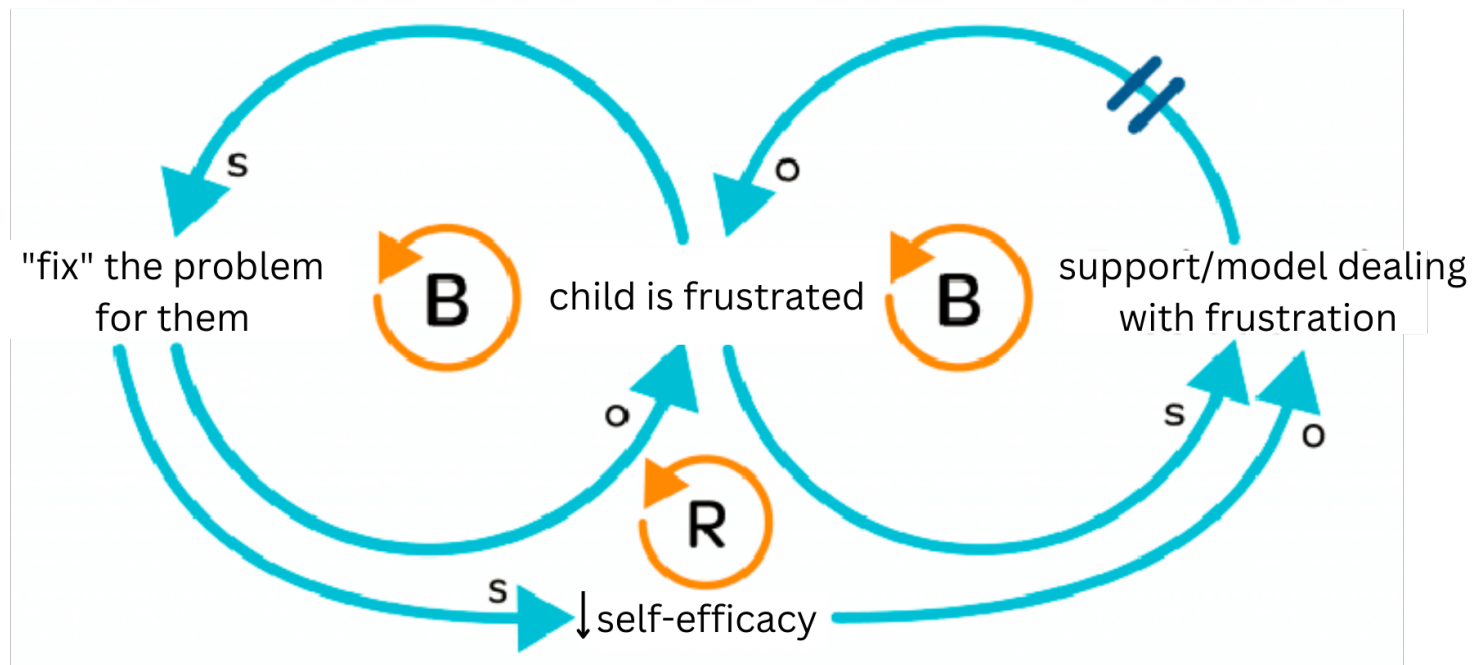
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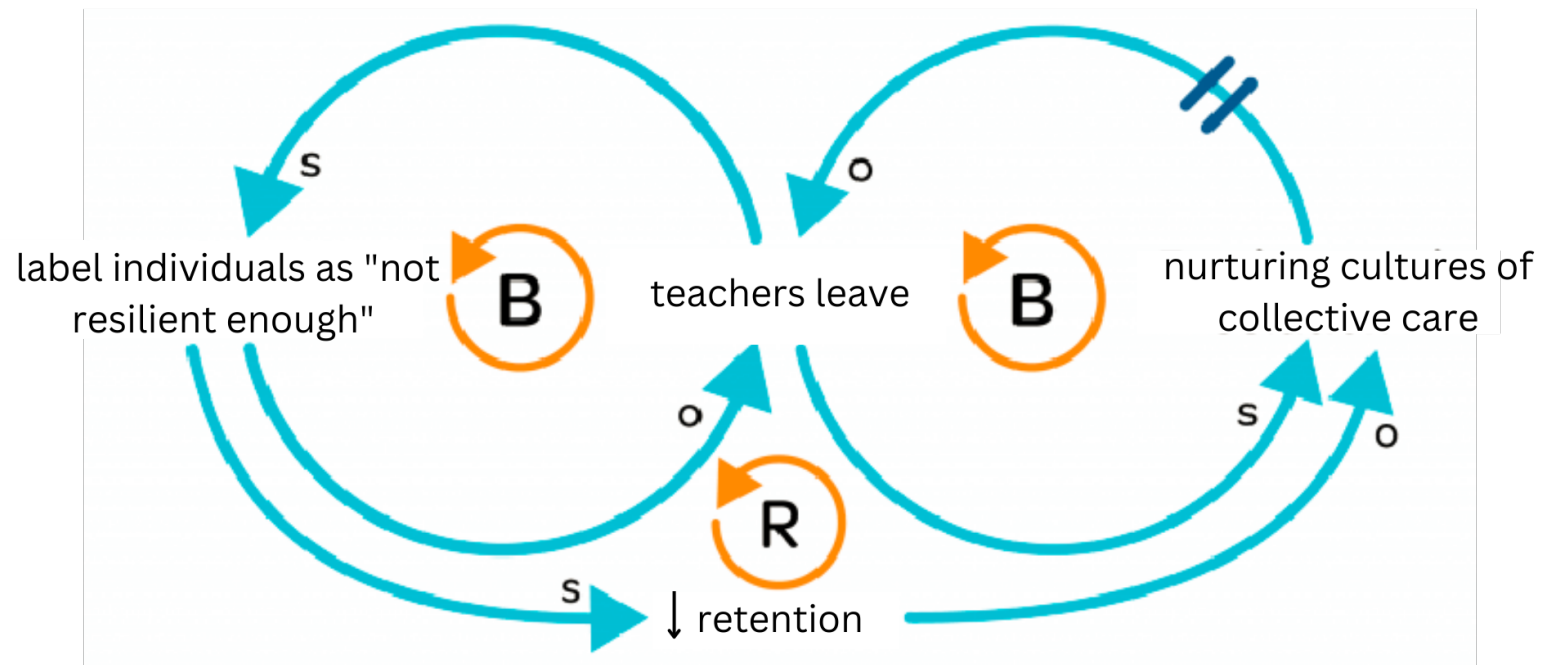
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Heightened, flexible attentiveness to environment & internal cues (e.g. bodily sensations, thoughts & feelings).

Attention

What is going on for me?

What do I need?

How are the ways in which I am getting my needs met working for me?



Self-knowledge concerning how emotions, thoughts & beliefs shape experiences & sense of self.

Self-Care = Healthy Boundaries

Getting what's needed to support health & well-being
(*sleep, nutrition, fun, connection, meaning, movement, nature*)



Being clear about core values & deeper motivations & being able to apply them in daily life.

Sufficiency + Moderation

Am I getting/doing enough of what is important to me?

What do I deny myself too often?

What do I indulge in too often?



Feeling care & kinship towards other beings, promoting supportive relationships & interactions.

(Visit <https://centerhealthyminds.org/about/why-well-being> for more info on the 4 pillars of well-being. This adaptation & connection to authentic self-care by @shirleygiroux.)

THANK YOU

Questions or comments?
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