

## 70 Years of Wisdom:

### Stories that Inspire, Care that Transforms

Presented by Sarah Ciavarri, M.Div., PCC, BCC, CRA, CDTLF

Sarah.ciavarri.com

sarah.ciavarri@gmail.com

Who is a resident/client/tenant that has really impacted your life?

What did they teach you?

*Stories are powerful. They change:*

*Your perspective.*

*Your response.*

“Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and freedom.” - Viktor Frankl



*Your resilience.*

*Your heart.*

Care Tools that Transform to Teach Your Team

1. *I give myself permission to . . .* from Dr. Brené Brown

2. Sing

3. Power phrase:

4. *I Am Here. Tool to Ground*

Simple phrase grounds us, add a physical movement to make the practice stick

5. Flip the Internal Script

