

FAMILY + INDIGENIZE + THRIVE





Who is in the Room?
How are you feeling (1-5)?
Jamboard Link in Chat









Move & Groove



FAMILY • INDIGENIZE • THRIVE

HISTORY

COST

ACCESS

TIME

INFORMATION

TRANSPORTATION

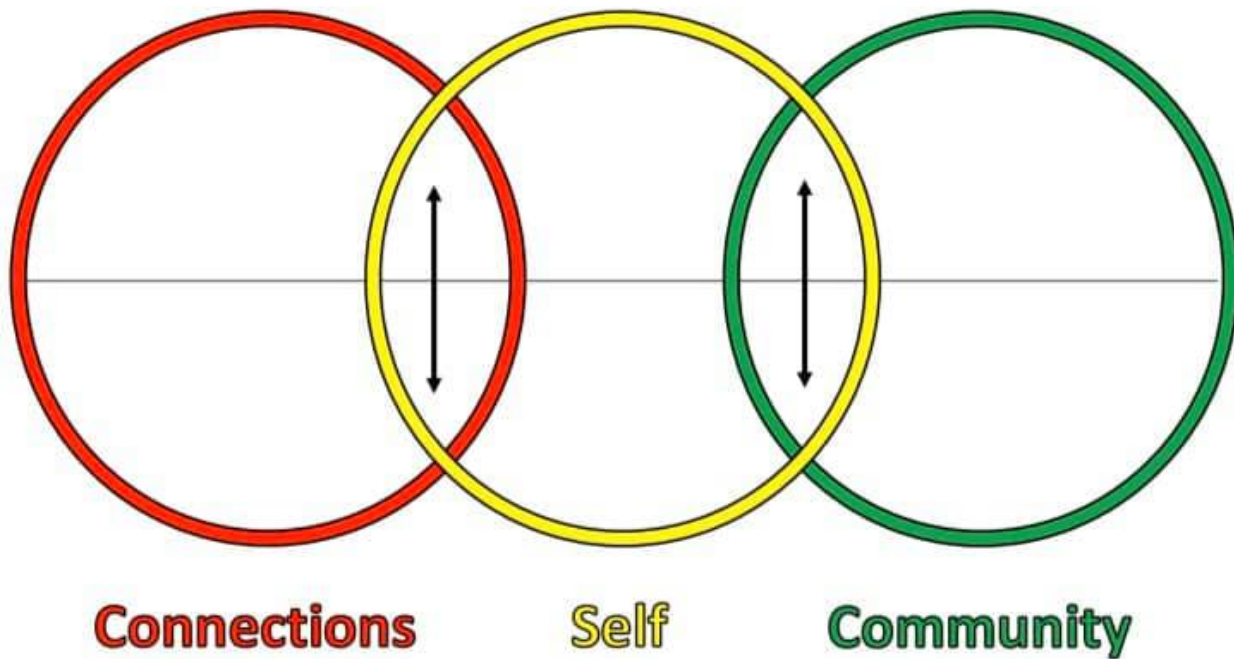
*PANDEMIC

MOTIVATION

SUPPORT



benefITS





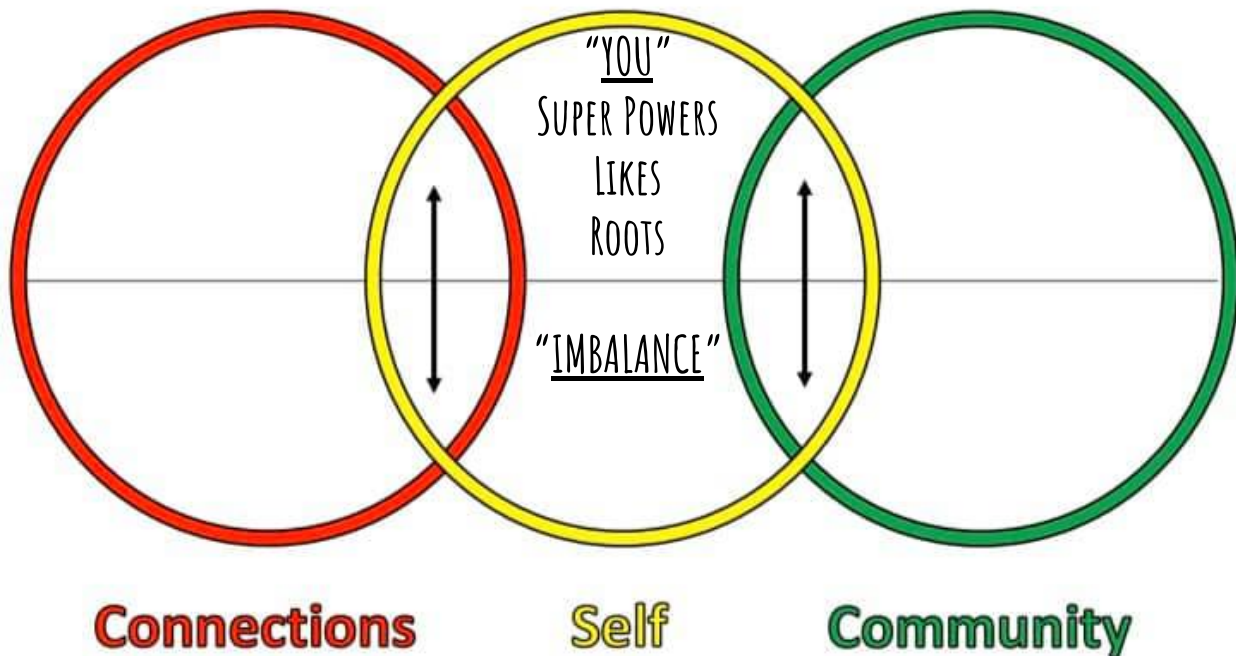
Action

benefITS

MIND / BODY / CONNECTIONS

"SUPPORT"
FAMILY, FRIENDS,
NETWORK, CLANS,
CEREMONY, NATURE

"IMBALANCE"
TOXIC PEOPLE,
RELATIONSHIPS,
ETC.



"COMMUNITY"
ASSETS, HISTORY,
ACCESS, NEEDS
*BUILT ENV.
*GROCERY STORES

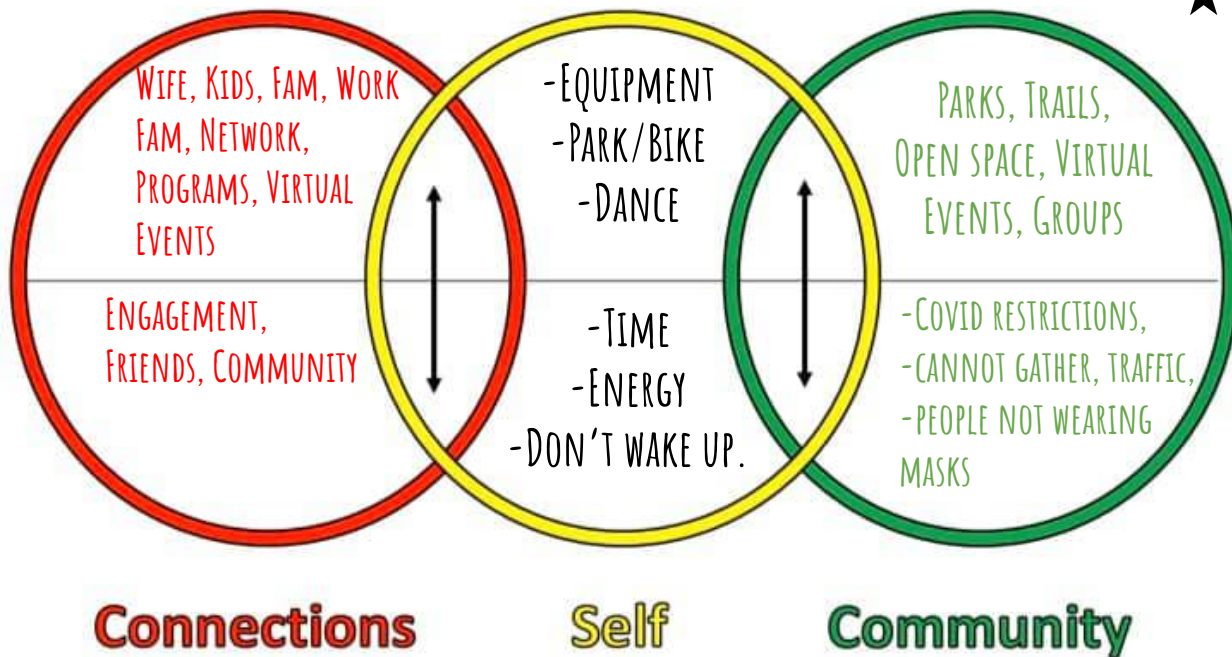
"IMBALANCE"



benefITs

MOVEMENT – APRIL 2020

- ★ Reflect
- ★ Acknowledge
- ★ Communicate
- ★ Learn/Do
- ★ Share





Red or Yellow



FAMILY • INDIGENIZE • THRIVE



SELF

+ PAPER #1: WHAT GIFTS DO YOU BRING TO THE TABLE?

+ PAPER #2:

SELF

CONNECTIONS

COMMUNITY

MAKING MOVES

- *SOMETHING BLUE*
- *SOMETHING SPECIAL*
- HEALTHY SNACK
- A REAL PICTURE





CONNECTIONS

+ WHO ARE YOU GIVING YOUR ENERGY TO?
...AND HOW?

+ COMMON THREADS

+ WHERE ARE THE CONNECTIONS AT KCL, AS IT
PERTAINS TO YOUR HEALTH?

ACTION

DON'T BE THAT GUY/ONE...

- ★ CHANGE CAN BE TOUGH
- ★ DIFFERENT LEVELS
- ★ LIFE STYLES
- ★ SUPPORT /UPLIFT



A young child wearing a red and white helmet and a black long-sleeved shirt with a red and white graphic is riding a red Strider balance bike. The child is positioned in the center of the frame, standing on a sandy desert floor. Behind the child is a large, semi-transparent rainbow triangle that serves as a background element. The triangle is divided into four vertical sections: red on the left, yellow in the center, green on the right, and a thin purple section at the top. The child's bike is red with black handlebars and wheels. The word "STRIDER" is visible on the handlebars and the frame. The background shows a desert landscape with some trees and a cloudy sky. In the top left corner, there is a red starburst shape containing the word "Activity". In the top right corner, the word "Connections" is written in a bold, black font. At the bottom of the image, the text "FAMILY • INDIGENIZE • THRIVE" is written in a serif font.

Activity

Connections

FAMILY • INDIGENIZE • THRIVE

"In addition to community-based prevention work, OSAP coordinates state-level partnerships that support and contribute to the work at the local level. Effective, aligned substance abuse prevention initiatives can minimize problem behaviors and prevent a host of other public health, education and social problems."



Organizational Wellness

- ★ Work-life balance
- ★ Employee safety
- ★ Employee growth
- ★ Employee development
- ★ Employee recognition
and involvement



American Psychological Association



COMMUNITY

ORGANIZATIONAL WELLNESS

- + HIGHLIGHTS
- + CHALLENGES
- + NEEDS
- + CONNECTIONS WITH OTHER DEPARTMENTS
- + CONNECTIONS WITH COMMUNITY

MAKING MOVES TOGETHER

- ★ REDEFINE ORG-WELL
- ★ COMMUNICATION
- ★ ACKNOWLEDGE
- ★ USE YOUR SENSES (REFLECTION TOOL)



“ Mission ”

In order to fulfill our mission
I/We need to be well.

Redefine.

Embody.



Celebrations



FAMILY • INDIGENIZE • THRIVE



MAKING MOVES TOWARD GENERATIONAL WELLNESS

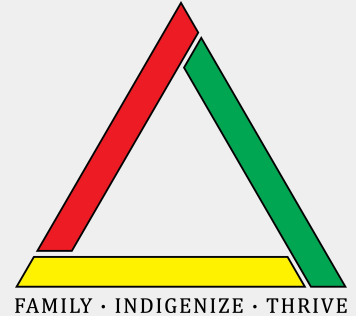
- ★ SAME PAGE
- ★ HAVE FUN
- ★ BE CREATIVE
- ★ *BE MINDFUL*
- ★ REDEFINE WELLNESS
FOR YOU & YOUR
FAMILY.
- ★ SHATTER CYCLES!!!

CHANGE THE GAME

- ★ GOAL?
- ★ PLAN / INCLUSION / FAMILY FRIENDLY
- ★ GEAR → INVESTING IN MY FAMILY'S WELLNESS
- ★ FUN & ADVENTURE
- ★ "OUR KIDS WILL DO WHAT THEY SEE AND WILL SAY WHAT THEY HEAR."



Make Your Move... Leave Your Mark...







FAMILY + INDIGENIZE + THRIVE