



CHANGEMAKER CHALLENGE SESSION

Supporting Changemaking
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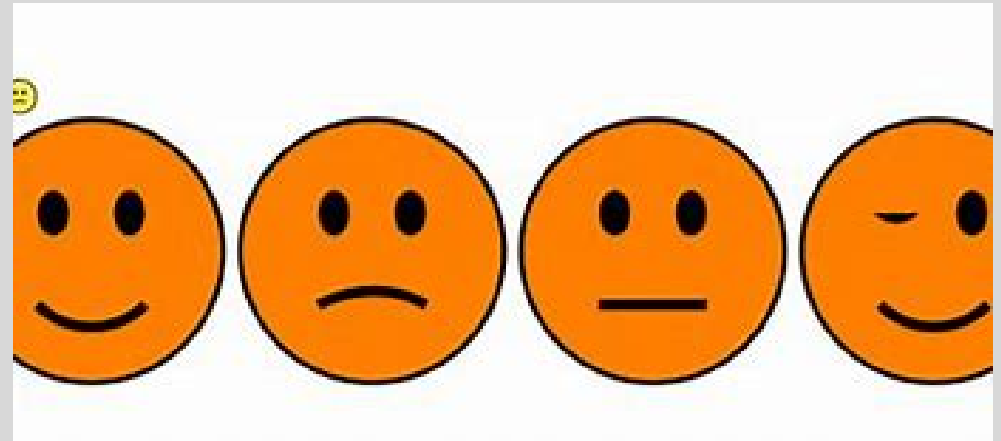
Before We Get Started...



- Today's session is being recorded and the recording and slides will be made available to all conference participants.
- We are offering CEs for today's workshop for LMSW, LCSW, CPRP, and LMHC. In order to qualify for CEs you must:
 - Be in the zoom room and not only dialed in on the phone.
 - Return the completed evaluation form within 48 hours.
- This is going to be an interactive workshop with breakout rooms and other activities. Please speak up! Use the chat and raise your hand to unmute.

What words describe how you feel most of the time when you are at work?

- What's your mood?
- Go to **menti.com** and enter the code on the screen
- Use up to five words to describe you and your team's feelings at work.
 - It's OK to acknowledge your real feelings around current circumstances...no matter what they are!





**What surprised
you?**

hey!

let's
chat



Think about
Samantha's
keynote. What
kind of leader are
you?

Use the chat box
to type in your
answers.

Phases of Changemaking

1. Be Happy First

- How do you move from feeling deflated to feeling fortified?
- Where can you start to make incremental changes?
- What can you do to overcome stress?



Phases of Changemaking

2. Facilitate Change in Others

- How do you look at your team and identify areas for change?
- What does your communication look like?



Phases of Changemaking

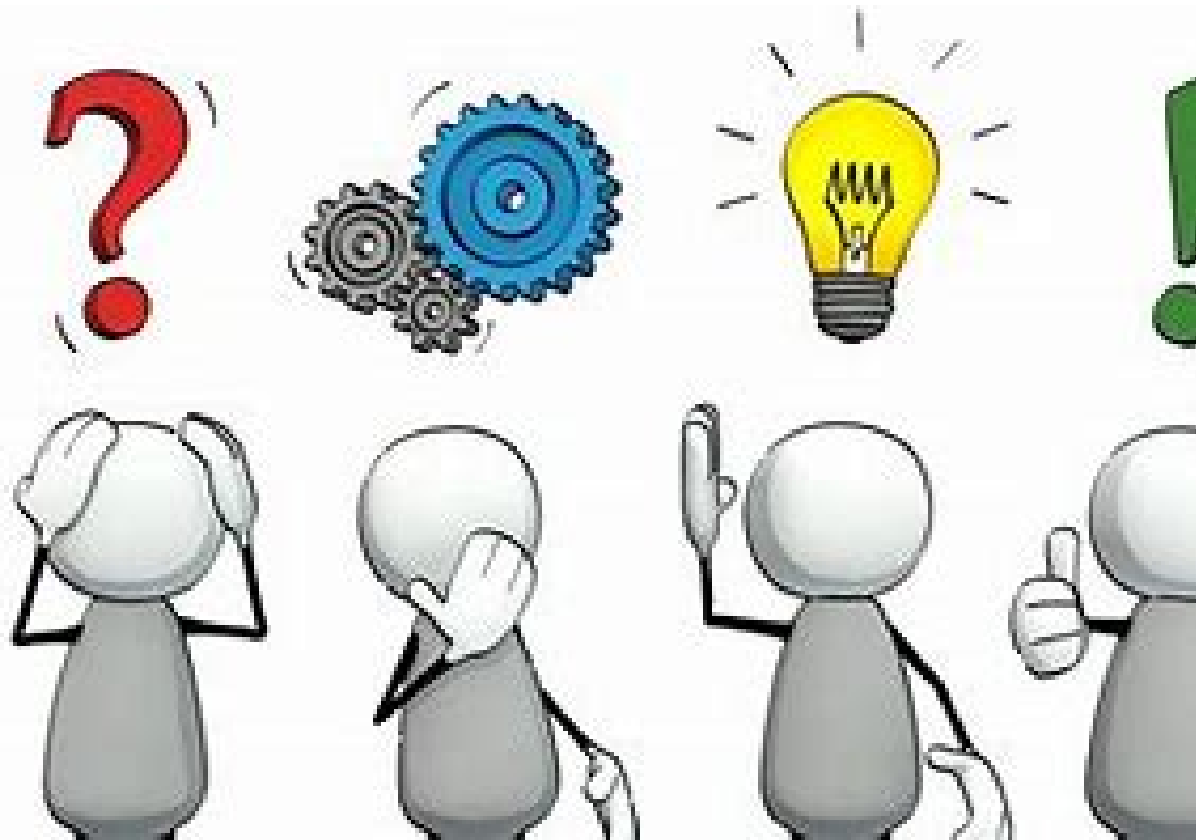
3. Amplify Your Message

- What kind of leader are you (in your personal life and at work)?
 - Coach, Operator, Cross-pollinator, Visionary?
- How do you deepen your relationships within the team?





1. What strategies can you use to help your team notice stress symptoms?
2. What strategies can you use to start to build resilience?
3. What ways can you increase communication so that your team can be open to change?
4. How do you encourage wellness in your team?
5. Create an individual action step that you can take for yourself. And for your team



What strategies can you try for yourself and your team to start building resilience?

What do you do to maintain perspective?

A hand is shown writing the words 'Action', 'Changes', and 'Things' on a dark green chalkboard. Each word is written in white chalk, and the first letter of each word is circled with a white line. The hand is holding a piece of yellow chalk and is in the process of finishing the word 'Things'.

A ction
C hanges
T hings

Action!

What will you do?

Be sure to share your action steps with team members and encourage creativity and communication!