

All Staff In~Service Agenda

8:30-9:00am

Coffee & Settle in

9:00-11:00am

Uncomfortable Conversations & Misinformation

10:00-10:30am

Frances Quaempts: Sharing

11:00am-12:00pm

Health Department & First Responders

12:00-12:30pm

Lunch

12:30-12:50pm

Stephanie Partida: OLA Takeaways

12:50-1:30pm

Elevator Talks and Debrief

1:30-1:50pm

Amanda Hespel: OLA Takeaways

1:50-2:30pm

Painting

2:30-5pm

Cecili Longhorn: Marketing & Outreach strategies
to engage your community

2:50-3:20pm

Director's Meeting - Support Staff Meeting

3:20-3:30pm

Wrap up, door prizes, and evaluations

Community Agreements

1. Come with a beginner's mind
2. Active listening is a must
3. Remain open, with curiosity modeled by responding with questions before responding with your own interpretation or explanation of impact in regards to someone else's comments
4. Recognize and acknowledge people's experiences. The person/people you are in conversation with are bringing their own perspective, shaped by their own experiences (culture, history, practices, upbringing)
5. Prioritize your individual needs
6. Everyone has agency, and, regardless of agreement and alignment, everyone is worthy of being valued in the dignity of their humanity
7. Disagree, but don't be Disagreeable
8. Stories stay... but lessons leave

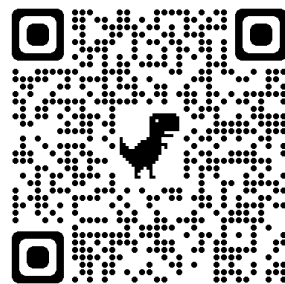
This training alone is not a checklist, a meeting, or a one-time commitment. Make small, realistic, challenging commitments to grow, learn and evolve.

Scan the links below to review some useful resources regarding today's discussion topics.

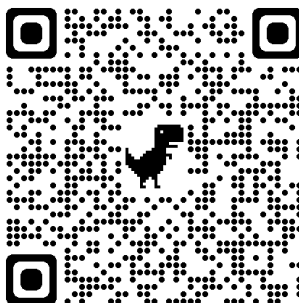
[Conversation Guide: Talking about Race, Racism, Care, and Caregiving - Caring Across Generations](#)



[Talking About Race | National Museum of African American History and Culture \(si.edu\)](#)



[7 Ways to Have a Conversation About Racial Justice \(aarp.org\)](#)



Uncomfortable Conversations

in places where we may have misinformation around many topics

Notes

Want to learn more? Here's a recommended reading list.

"A stubborn Twig"

by Lauren Kessler

"Proud"

by Ibtihaj Muhammad

"The New Jim Crow"

by Michelle Alexander

"Me and White Supremacy"

by Layla F. Saad

"We are Displaced"

by Malala Yousafzai

"Why are all the Black Kids sitting together in the cafeteria"

by Beverly Daniel Tatum

"Other Words for Home"

by Jasmine Warga

"Stamped"

by Jason Reynolds, Ibram X. Kendi

"White Fragility"

by Robin DiAngelo

"Caste"

by Isabel Wilkerson

"Uncomfortable Conversations with a Black Man"

by Emmanuel Acho

"While Time Remains"

by Yeonmi Park



Notes

Contact your local UCo Health for more information.


YOGA
RELAXING
MINDFULNESS
CALM
ACTIVITY
CHILL
EXERCISE
SOCIALISING
SLEEP
HEALTH
MOVING
WELLBEING
VEGETABLE
GYM
FUN
OUTDOORS
RUNNING
BANANAS

NARCAN

Corey Gorham
UCFD #1



Stephanie Partida



Amanda Hespel

[illegible]

SUDOKU

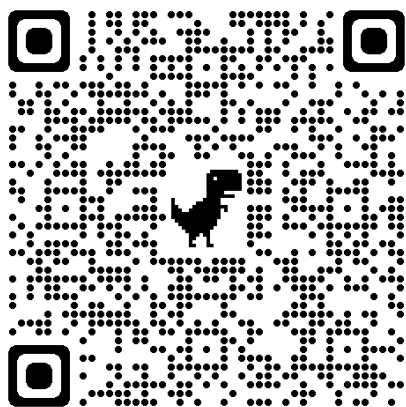
1		7			6	4	5	
	2	5	3	4				8
	6				1		7	
	5	3					2	9
6	1				9	8		
			6		2			7
		1		9	3	2		
		8						
	4			7	8	5	9	1

Cecili Longhorn

[illegible]



 Crafting A Green World



Scan the QR code to
complete the evaluation
for todays in-service.

ANSWER

1	3	7	9	8	6	4	5	2
9	2	5	3	4	7	1	6	8
8	6	4	5	2	1	9	7	3
7	5	3	8	1	4	6	2	9
6	1	2	7	3	9	8	4	5
4	8	9	6	5	2	3	1	7
5	7	1	4	9	3	2	8	6
2	9	8	1	6	5	7	3	4
3	4	6	2	7	8	5	9	1