

# HEALING OUR CIRCLES

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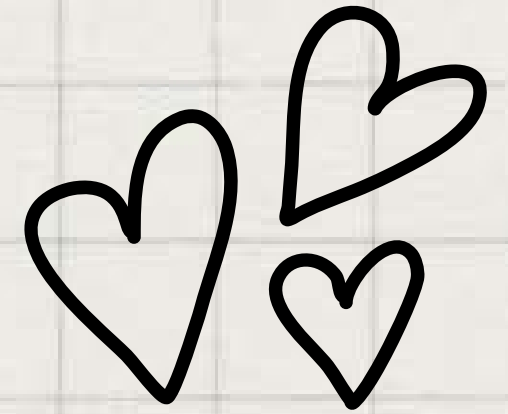
## Background

- 15 years in education Title 1
- Diverse student population
- Behavior and Tier 2 programs
- Očéti Šakówinŋ Owáunspe
- Office of Native Education k-12
- Mother of 2





# SELF-CARE



**"the practice of taking an active role in protecting one's own well-being and happiness, in particular during periods of stress"**

**Webster's Dictionary**







# TRAUMA



## ACEs

"About 64% of US Adults had experienced at least one type of ACE before age 18 and nearly 1 in 6 (17.3%) reported they had experienced four or more types of ACEs."

## Vicarious Trauma

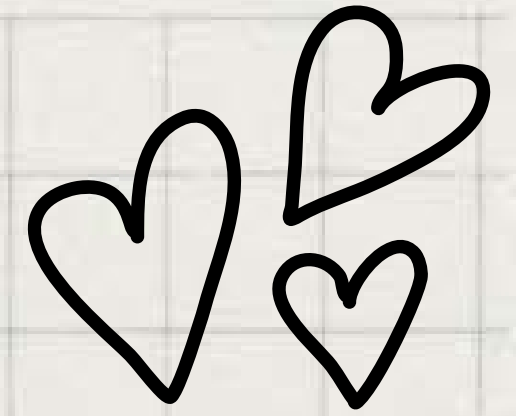
"indirect exposure to trauma through a first-hand account or narrative of a traumatic event."

Other names: secondary trauma, secondhand trauma, secondary traumatic stress, secondary traumatization, compassion fatigue

How does this play out in our professions?







**"When the Circle of Courage is complete, humans live in harmony and balance. When it is broken, discouragement ensues."**

**Reclaiming Youth At Risk: Futures  
of Promise**







# CONSIDERATIONS IN LEADERSHIP

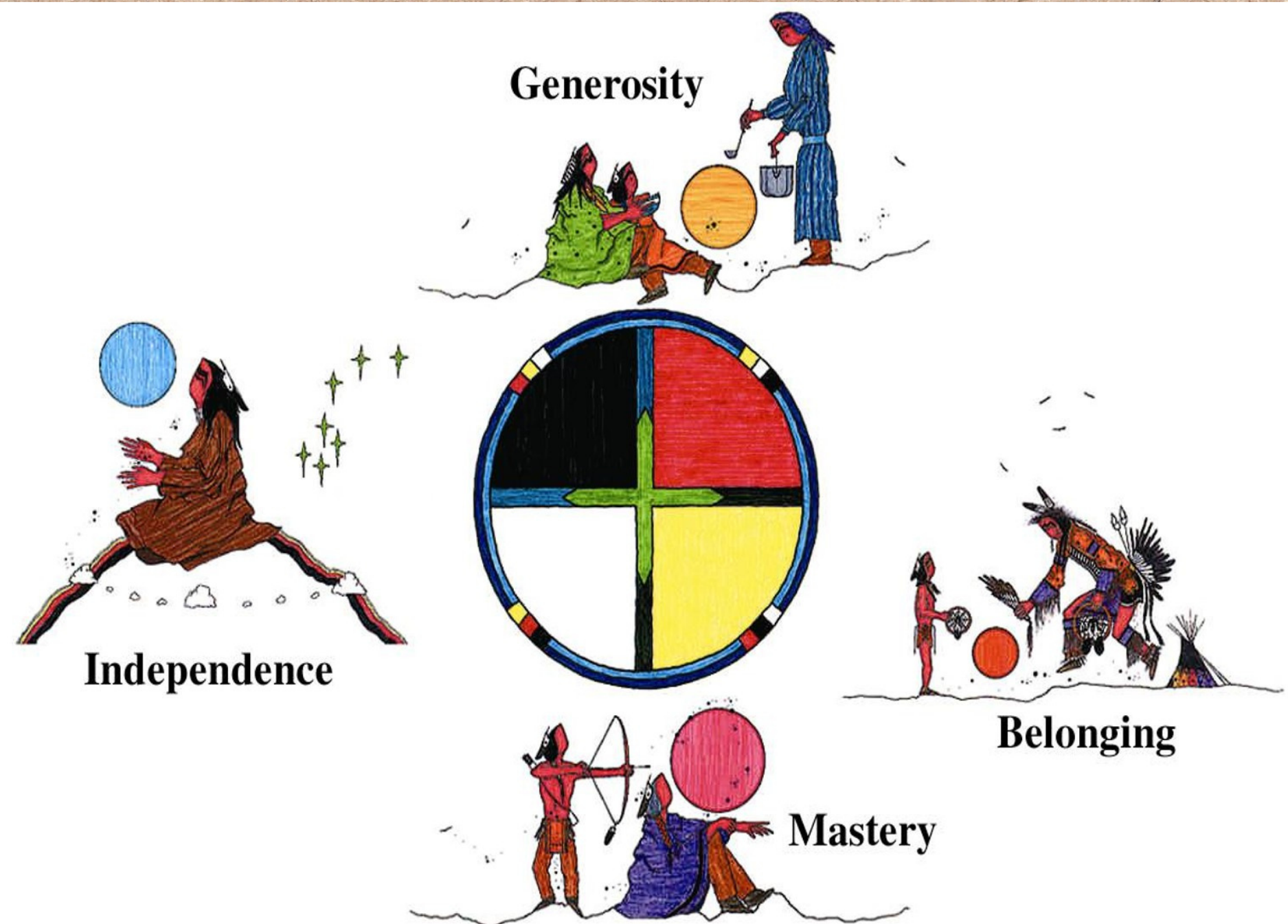


**Who makes up our staff and how well do we know them and their needs?**

**Do we structure trauma trainings and PD that could be triggering in a healing and compassionate way with appropriate supports?**



# BUILDING RESILIENCE







# CONSIDERATIONS IN LEADERSHIP



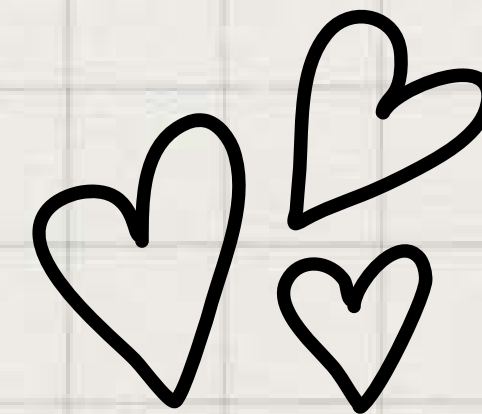
**Are we intentionally and systemically structuring Circle of Courage supports for our staff?**

**What additional or external supports are we able to offer our staff when they need more? Is it accessible to all and is it sufficient? (Can it be built into PD time?)**



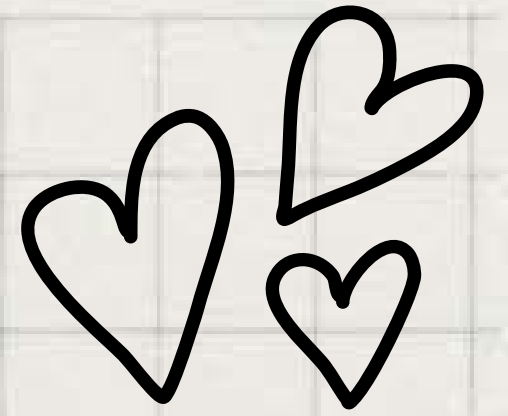


# BELONGING



**In what ways can we support  
and build in opportunities for  
leadership and staff to create an  
authentic sense of belonging?**





# GENEROSITY

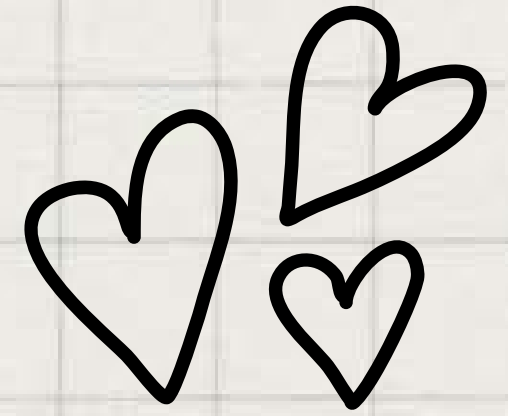
**In what ways can we support and build in opportunities for leadership and staff to have opportunities for generosity?**







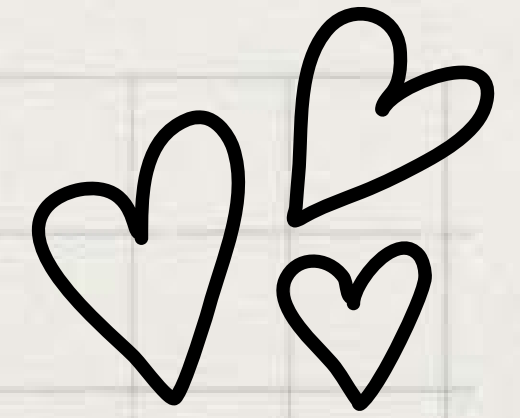
# INDEPENDENCE



**What opportunities are there for  
building capacity for  
independence?**







# MASTERY

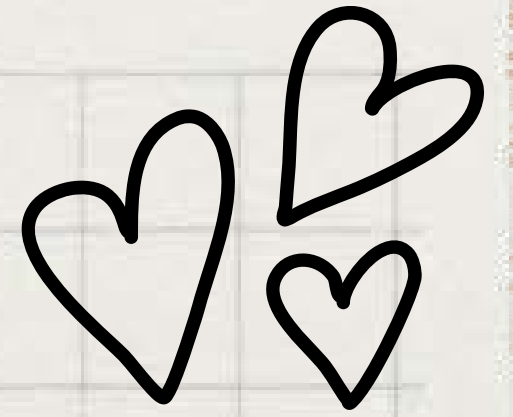
**How do we scaffold and support mastery opportunities for leadership and staff? Think beyond mastery that applies only to professional skills.**







# MENDING THE BROKEN CIRCLE



**"The circle is a sacred symbol of life.. Individual parts within the circle connect with every other; and what happens to one, or what one part does, affects all within the circle."**

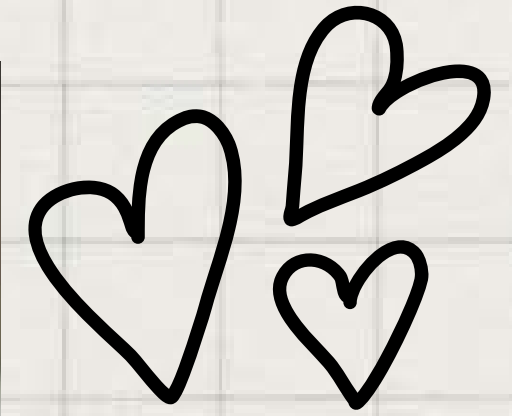
**Auntie Virginia Driving Hawk Sneve**








# ATTITUDE OF GRATITUDE







**Any questions?**

