



Resilience, Instruction, Support, and Excellence

OCTOBER 2020

TASK  
CARD

***Trauma Stewardship***

by Laura van Dernoot Lipsky

Read Chapter 9: pages 172-183 (there are questions on page 176)

Choosing our Focus

- » Think of a challenging work situation. Write 3 things that make it challenging:

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- » Write 3 things that you appreciate about it. Look at the list and ask yourself, “Where am I more likely to focus and why?”

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- » Reflect on the following quote: “Let yourself be silently drawn by the strongest pull of what you really love.” - Rumi

Be prepared to discuss with your School Leader at your next coaching session.

***Salsa, Soul, and Spirit***

by Juana Bordas

- » Read page 27: Sankofa ~ Learn from the Past

- » Read pages 27-41

- » Read pages 42-45: Reflecting on and Applying Principle One – Honor your heritage that you may honor the heritage of others

# RISE



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