



Resilience, Instruction, Support, and Excellence

TASK CARD

3

COHORT 3

Just Change

by Tynesia Boyea-Robinson

Read pages 37-43: "Create Lasting Impact Through Equity"

- Reflect on this question: Have you considered issues of equity, particularly racial equity, in your work?

Deep Change Leadership

by Douglas Reeves

Read Chapter 2: Understanding the Pain Inherent in Change

- In what ways is change painful, even if it is beneficial? What sorts of pain have you experienced during a change in your life?
- What factors cause people to be resistant to change, even if that change is beneficial?
- What joy can be found in change? When has change, even difficult change, ultimately led to joy for you?

Atlas of the Heart

by Brené Brown

Here are some questions for folks reading Atlas of the Heart with friends or family or watching the HBO Max series together.

- Are there any behaviors that you might work toward changing because of something you learned from Atlas?
- What resonated for you from the section on empathy misses?
- Have you started paying attention to the difference between stress and overwhelm? If so, has it helped?