GLS Schedule – April 20th, 2021

Time	
9:00 – 9:15	Welcome/Opening Remarks from the GLS Board (to include a review of the agenda for the day and general info for participants)
9:15 – 10:00	**Keynote: Questions, Choices & Change** Presenters: Cheryl Farrugia, Lina Baccarella CLF Inspired Leadership Moment by moment we make choices. Reflecting and bringing awareness to the questions we ask ourselves can greatly improve our relations. Using the Choice Map ™ we will explore how our mindset impacts our view of ourselves, others and the world. Great results begin with great questions. Learn how to use this tool to disrupt your automatic response; what your triggers are and how to create switching signals for yourself. While most people focus on answers, our questions have the potential to disrupt negative thinking patterns and truly change our life. Are you in judger or learner mindset?
10:00 – 10:15	Break
10:15 – 11:00	**Facilitating Effective Debriefing During a Pandemic** Presenters: Carol Blaind - Access Community Services, Marnie McDermott – Community Networks of Specialized Care – Central East, Maureen Pollard MSW, RSW Debriefing is an effective method that allows staff members to reflect upon their recent experiences in supporting persons with complex needs; openly discuss the facts and feelings about an incident; and identify opportunities for improvement. The debriefing session is a powerful tool that enables a staff to do a check-in; explore healthy ways of dealing with the stress that results from a crisis intervention and develop skills to enhance day to day supports for persons with high support and complex care needs. The presentation will identify how people have been responding during the pandemic, the process of debriefing, how to facilitate an effective debriefing session with staff through a nonjudgmental restorative approach and how to support personal resilience. A training video will also be shown to provide an overview of a structured debriefing session with staff.
11:00 – 11:15	Break (time is approximate)
11:15 – 12:00	**Debriefing workshop continues**