

INSTRUCTIONS

Prepare yourself to fully participate in the Be Well Lead Well Pulse® Certified Guide Gathering by completing this learning assignment in its entirety by Monday, June 3rd.

STEP 1: Be Well Lead Well Pulse® Assessment and Report

Complete Be Well Lead Well Pulse® to assess your wellbeing leadership at this time in your life and work. As you review your feedback report, reflect on these questions:

- *What do you appreciate about yourself in this phase of your life and work?*
- *What questions are naturally emerging for your life and work?*
- *What paths of reflection or action would serve your wellbeing and leadership at this time of your life and work?*

Come prepared to dive into your assessment results during our time together.

STEP 2: Thriving and Family Identity

Reflect on the values, traditions, culture, narratives, homelands, and artifacts that make up your unique sense of family identity on thriving.

- *What are stories of thriving and resilience in your family?*
- *How did your family shape your beliefs about thriving and resilience?*
- *What do you believe it's time to heal in your family so that greater thriving and resilience is possible?*
- *What gifts do you hope your family passes on to future generations?*

To make the most of this experience, get as deep and wide (and creative!) as you'd like with it. For example, use it as an opportunity to connect with family members (such as those you haven't spoken with in a while), look through old photos and family recipes, draw from online sources (for instance, 23&Me or Ancestry.com), or reflect on the core stories of thriving and resilience from the many generations that make up your family tree. *Bring your insights to the Gathering.*

STEP 3: Thriving and World Cultures

Cultures have a profound effect on our attitudes, values, beliefs, worldviews, norms, and behaviors. *Bring 1-2 examples to the Gathering of how a culture outside your family identity has influenced how you think about thriving and resilience.* For instance, perhaps as you began authoring your life as an adult, you became attracted to Judaism, and your study of the Talmud taught you *sh'mirat haguf*, the act of taking full responsibility and guarding the health and wellbeing of your body. We will draw on the collective stories of the group to map cultural wisdom about thriving and resilience.

INSTRUCTIONS

Prepare yourself to fully participate in the training for Debriefing Individual Be Well Lead Well Pulse® Feedback in a Group Setting by completing the following by Wednesday, June 5th. Bring your reflections to the training.

STEP 1: Be Well Lead Well Pulse® Report Reflection

Review your personal Be Well Lead Well Pulse® assessment feedback report as you reflect on the following questions.

Recall your experience of receiving a 1:1 assessment debrief:

- *What was your experience of receiving a 1:1 debrief? What insights did you gain that supported you personally?*
- *What did your coach do during the 1:1 debrief that most supported your learning and wellbeing? How might you use those actions in delivering the debrief in a group setting?*

Now, step into your role as a coach:

- *As the coach, what have you done to most support the wellbeing and learning of others when you've delivered 1:1 debriefs of Be Well Lead Well Pulse® feedback?*
- *What have you not done yet, but believe would be helpful in providing a 1:1 debrief?*
- *How might you use those actions in delivering the debrief in a group setting?*

STEP 2: Be Well Lead Well Pulse® Group Report Review

One week prior to the workshop, you will be provided with the Be Well Lead Well Pulse® Group Report for your program cohort. This report de-identifies and aggregates your cohort's individual assessment data into a group view.

As you review the group report, reflect on the following questions:

- If you were the coach of this group:
 - *What insights do you have about this group of people?*
 - *What questions emerge for you?*
 - *How would these insights and questions shape how you approach the development of this group as a network of individuals? As an intact team?*
 - *What initial steps would you take to cultivate an environment of trust and safety for this group to receive their assessment feedback and begin the coaching process?*
- *What pros and cons do you see for people who experience the debrief of their individual assessment feedback in a group setting?*