Welcome to the ITRC Training Program

Empowering Neighborhoods and Communities to Achieve Their Resilience Goals

With Rev. Paul Abernathy, Neighborhood Resilience Project, Daniel Homsey, Director of the San Francisco Neighborhood Empowerment Network, and Felisia Thibodeaux, Executive Director, Southwest Community Corp. I.T. Bookman Community Center

March 30, 2021

Many Thanks To Our Co-Sponsors
Resilience Pause
“Purposing”
(Adversity-Based Growth)

To intensify the “pull” of meaning, purpose, and hope in adversities.

Research shows thinking about how you want to be remembered can have tremendous personal and social benefits!

Constantly Ask Yourself:

“What will my descendants wish I would have done differently?”

“What actions can I take now & in the future to achieve that purpose?”
The Legacy Mindset: A Powerful Purposing Exercise
(From the Long Time Project)

• Stand in an open space, and then take a step backward. With eyes closed, imagine someone you know and care about from an older generation like a parent or grandparent.

• Take another step back and imagine them as a young adult—picture their life, thoughts, feelings, hopes and struggles.

• After a minute take a third step back and imagine their 5th birthday—everyone who is there, the looks in their faces, emotions in the air. Ask: what did they leave/create for you today?

• After 2-3 minutes, return to your original starting position and with your eyes closed imagine a young person in your life you care about now—your child, a niece, or godchild.

• Now take a step forward and imagine the look on their face, their voice, the things they love doing.

• Then take another step forward and imagine it is 30 years in the future—what’s happened in their life, what are their joys and troubles, what is the state of the world around them?

• Now take a final step forward and imagine it’s their 90th birthday party. See them surrounded by their own children, grandchildren, neighbors, and friends.

• Suddenly over the mantle piece you see a photo of you and they decide to tell the group a story about the legacy you left them. What would they have learned from you about how to live, the way you inspired them, and the legacy you left for them?
A powerful way to establish a positive legacy is to work at the neighborhood level to build social connections that help prevent and heal problems and build resilience.

It is an honor to introduce

Rev. Paul Abernathy

and

Daniel Homsey and Felisia Thibodeaux
Harvesting Hope

for new possibilities allows you to

find new meaning and purpose in life,

overcome despair and helplessness

and realize that how you respond is up to you!
Most of us know that we experience the greatest meaning and purpose not when we receive or acquire something, but when we...

• make an **authentic contribution** to the **wellbeing of others**...

• and/or to the **social good**...

• and/or to the condition of the **environment**...

• and/or when we **create something original** or that is a **labor of love**.
To Stay Motivated Remember the “Oxytocin Virtuous Cycle”

Selfless pro-social actions **feel good** ... which triggers the **release of oxytocin**... which generates **more compassion** ... which drives **more selfless behaviors** ... which **inspires more trust**... which causes the release of **more oxytocin** .... producing a **virtuous cycle**!

Engaging in Pro-Social Activities

- **Is not just about being nice or moralism**—though this is natural
- **It is also an expanded notion of self-interest**
- **Helping others and the environment will now greatly benefit all of us.**

*From The Moral Molecule: How Trust Works*, Paul Zak
Research has found that **Meaning, Purpose** and **Hope** emerges most readily when **three closely related factors are present:**

1. People have a **vision** of a **place they want to arrive at** or **condition they want to achieve**

2. A sense of the **initial steps they can take** and an **overall approach** they can use to move toward their vision.

3. A **commitment** to move toward that vision, ideally **with others**, even when **obstacles arise**.

Hope Theory, Snyder 1994
Craft Your Own “Purposing” Action Plan

1. Identify a vision of a place you want to arrive at or condition you want to achieve

2. Identify the initial steps you can take and an overall approach you can use to move toward that vision.

3. Make a commitment to work with others to move toward that vision even when obstacles arise

If you are willing, put any observations in Chat
# My Purposing Action Plan

**My Strengths and Passions:**

**My Core Values:**

**Goals To Enhance My Personal Wellbeing:**

**Goals to Enhance the Wellbeing of Other People and The Natural Environment:**

<table>
<thead>
<tr>
<th>Immediate Actions (within 30 days) to Achieve My Goals</th>
<th>* Barriers I Will Experience</th>
<th>Strategies For Barriers</th>
<th># Benefits of Action</th>
<th>Date(s) Done</th>
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<th>Mid-Term Actions (within 3 Months) To Achieve My Goals</th>
<th>Barriers</th>
<th>Strategies for Barriers</th>
<th>Benefits of Action</th>
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| 3.                                                   |         |                         |                    |              |

* Barriers include internal challenges as well as external barriers.

# Includes personal benefits and benefits for future generations.
Teaching “Purposing” to Others

• In simple terms describe the process of Purposing—or Adversity-Based Growth--and the benefits—by sharing an example from your own personal experiences.

• Ask if they have ever experienced this type of process in small or large ways related to a personal, family, or friend’s injury, illness, or death, or other traumatic event in their life.

• Ask the person to identify a distressing experience that they denied, ignored, or tried to push away—and the affects it had on them, other people, and even the natural environment. Normalize it by telling them that we all do this.

• Ask what might have changed if they had used the adversity to learn about the world and self and act in accordance with their core values—and what the benefits might have been for them and others had they done so.
Helpful Resources


• Trauma-Informed Community Building and Engagement. The Urban Institute: https://www.urban.org/sites/default/files/publication/98296/trauma-informed_community_building_and_engagement.pdf
If you **want CE credits** please remember to **Sign Out** (found in chat)

Please also complete the **Session Evaluation**

**Next Week’s Session: April 6**

Dr. Theopia Jackson on Building Wellness and Resilience within BIPOC Communities

and

Bob Doppelt on Changing Practices and Policies to Build a Local Culture of Mental Wellness and Resilience in Communities