

Coachella: Coaches Coaching Coaches



1.
Recap

2.
Reach out

3.
Relearn

4.
Revamp

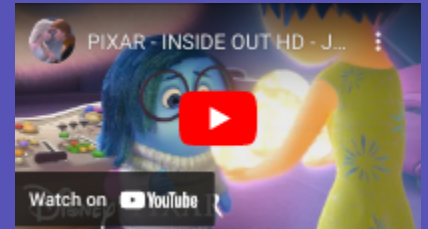
TRAUMA-INFORMED CARE

Our last session was all about trauma. Check out [this PLC-created tool](#), demonstrating the experience universal to client and coach alike.



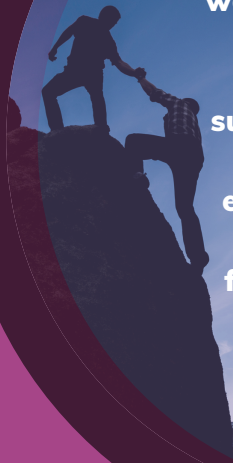
RECAP

Last Coaches' session, we reviewed the importance of positive and negative emotions when processing and overcoming trauma. The movie "Inside Out" is a wonderful tool to help the whole family get conversations started around processing emotions. Check out the [CLIP](#) from our session:



Reach Out

As coaches, we give so much to our clients, our families, and our work that sometimes we forget to give to ourselves. Part of the purpose of our PLC is to be a supportive network to each other professionally as well as emotionally. If you feel like your reservoirs are depleted, please feel free to reach out directly to our chairs for a one-on-one.



Danielle: dlepine@gstmiworks.org

Sherease: shearesestapleton@mothersinstituteparentingwell.com

Chairs' Corner

Co-chair
Sherease Stapleton



Chair Danielle Lepine



RELEARN

As we move into the holidays and its many expectations, it is most important to focus on self-care. But what exactly is self-care?

Did you know....?

Self-care began as a political movement during the civil rights and feminist eras as a way for women and minorities to prioritize their well-being, normalizing fair and equal treatment by their selves first. Take a deeper look into the transformation of self-care as we know it with this article by Aisha Harris

➔ [A History of Self-Care](#)

"IF YOU FEEL BURNOUT SETTING IN, IF YOU FEEL DEMORALIZED, AND EXHUASTED, IT IS BEST, FOR THE SAKE OF EVERYONE, TO WITHDRAW AND RESTORE YOURSELF." - DALAI LAMA

REVAMP

Check out these useful approach questions after watching two insightful videos by Angela Davis and Brene Brown



RESOURCES

Check out self-care tips, tricks, and strategies using the resources below. FGLN has created some tools, which you can find on our website.

- ➔ [FGLN FCC Self-Care Guides](#)
- ➔ [FCC PLC Resource Guide](#)
- ➔ [Genesee County Programs & Treatments](#)



Join us for our next PLC meeting, Oct. 6th!
Register to join PLC.