



# Agenda Sample - 90 Minutes

## Agenda Overview

- What is a personal safety net (PSN)?
- Why is a PSN vital to our well-being and our ability to navigate life and PSN its challenges and changes with resiliency and support?
- 8 Pillars of Resilience
- Asking for Help
- Using a Wallet Card

## HANDOUTS/ACTIVITIES

1) [A Personal Safety Net Diagram](#) [1]; 2) [Columns of a PSN](#) [2]; 3) [A Personal Survey](#) [3]; 4) [Things That Get In The Way Of Asking](#) [4]; 5) [Steps to Successful Asking](#) [5]; 6) [Sample Wallet Cards](#) [6]; 7) [Using Your Wallet Card](#) [7]; 8) [What To Say To Others About Your Wallet Card](#) [8].

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Start with a short personal intro – your choice

## 1. What is a personal safety net?

A Personal Safety Nets provides a way of understanding a balance in your life that will make it possible for you to RESPOND, rather than to REACT to the predictably unpredictable changes or challenges that inevitably arise.

### a. Philosophy behind a PSN:

- *Replacing fear and isolation with security, connection and community.*
- *Knowing how you are interconnected helps you work with others - to help them connect!*
- *Change from “Sitting/Reacting” to “Acting/Responding/Planning” (and Avoiding Denial)*

### b. Make up of a PSN – The Definition: (handout: A PSN Diagram)

- **You, yourself:** your capacities and qualities - for instance: \*courage, \*tenacity, \*organizational skills, \*being a good listener, \* having the ability to engage others
- **Others: Family & Friends**
- **Community: organizations, businesses, professionals**
- **Plans**

### c. Exercise: Starting Your Own PSN (handout: Columns of a PSN)

**\*\* BETWEEN knowing what supports your PSN – having a team to help is an ASK!**



## 2. (use: A Personal Survey) – Question #1-4

Imbalance between most who want to help and the smaller number who are willing to ask for & receive help.

## 3. Things get in the WAY of reaching out / ASKING

(Handout: Things That Get in the Way) – Teacher can review the list, or if time allows, ask students about what specifically stops them from asking others.

Know it's your right to **ASK**:

- YOU MATTER, and so does everyone else (We need to get others involved – which means asking for help.) We need to get others involved (they need us too)
- You matter to you, as leader in your own life, in others' lives, in work, in community – You will need to get good at asking!
- We all have basic needs: 1) to be seen 2) to be heard 3) to matter to someone else

## 4. So how do you go about ASKING EFFECTIVELY?

(Handout: Steps to Successful Asking)

### Try to be authentic!

When you ASK

- Set the stage with a SHORT picture of what's going on
- Give background – set the tone (include them in "your" team)
- Include "the ask"

### Allow for "no" – Ask, don't demand

- Don't take the particular answer personally – be grateful for AN answer
- Think about 11 "other" reasons why you received a "no"
- Think of a time when someone said "no" to a request...

### Accept what happens!

### When you are THE "asked":

- Listen to the entire request
- Consider your response – if needed, can you think of alternatives & phrasing, ie.
  - You want to help and can't/won't (limits?)
  - You don't want to help this person/ this time/ this request
  - You want to do your part.
  - Respond: Yes or NO –

**Both of you:** Say thank you to each other (for a response, or for being asked)



- Review (Handout: Steps to Successful Asking)
- Using Your PSN to Organize & Create your first TEAM (a small safety net)
  - **“Wallet Cards”** – hand out samples to all.
- Review (Handouts: Using Your Wallet Card; What To Say To Others About Your Wallet Card)

### **5. All of PSN is based upon willingness to:**

- *Believe in abundance*
- *Value integrity and reputation*
- *See the power in choice*
- *Look at the stories we tell ourselves*
- *Recognize the importance of involving others in our lives*

### **6. Evaluation & Q & A**

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