



Agenda Sample - Three Hours

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
- What Research Says About Working in Groups
- Tips on Making Friends
- Asking for Help
- Creating Groups: The Phases
- Traits and Skills
- Using a Wallet Card
- Role Playing: Problem-solving Scenarios

HANDOUTS/ACTIVITIES

1) [A Personal Safety Net Diagram](#) [1]; 2) [Columns of a PSN](#) [2]; 3) [A Personal Survey](#) [3]; 4) [Tips on Making Friends](#) [4]; 5) [Things That Get In The Way Of Asking](#) [5]; 6) [Steps to Successful Asking](#) [6]; 7) [Chapter Summaries – optional](#) [7]; 8) [Traits and Skills](#) [8]; 9) [Sample Wallet Cards](#) [9]; 10) [Using Your Wallet Card](#) [10]; 11) [What To Say To Others About Your Wallet Card](#) [11]; 12) [Problem-solving Scenarios](#) [12].

(Times for each section are approximate)

1. Exercise (part 1)

Using a blank piece of paper, write down what could hinder you from successfully completing a task you have in front of you. Teacher can have the class review as a whole or pair up to review with a partner. (10 - 20 minutes)

2. What is a personal safety net?

Net & Teams (45 - 60 minutes)

a. Philosophy behind a PSN

1. 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. ii. Replacing fear and isolation with security, connection and community.
2. Knowing how you are interconnected helps you work with others – to help them connect!
3. Change to Planning versus Denial

b. Make up of a PSN – The Definition:

1. Yourself (aka inner resources) – what helps? Hinders?
2. Community helpers (aka outer resources) – community orgs, businesses, non-profits, etc
3. Others – people
4. Plans – knitting these all together

c. Taking a look at a PSN – understanding the “realms” (handout: A PSN Diagram)

- [Get Started](#)
- [Who We Are](#)



d. A first look at your PSN (handout: Columns of a PSN)

Group Exercise: In a group of 2 - Fill out two COLUMNS on the CHART (one takes each column, one is a helper) – showing the existence/start of your PSN –

- 1) Yourself - what helps? hinders?
- 2) Community
- 3) Others
- 4) Plans

E. RESEARCH: WHAT WE KNOW ABOUT WORKING IN GROUPS.

(Review: What Research Says About Working in Groups)

f. Exercise (part 2)

Using your piece of paper from Part 1 – “what could hinder you from successfully completing a task you have in front of you.” On the other side of the paper, list what could “help” you complete your task.

Teacher can have them break into groups to review this (again) or can put students in groups and ask them to look at their (handout: Columns of a PSN) there is anyone or anything else they can add to their success side.

Possible break: (10 minutes)

3. (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.

(5-10 minutes) –

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

4. 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. (5 minutes)

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



~~EFFECTIVE DO YOU GO ABOUT ASKING~~

(Handout: Steps to Successful Asking) (10 - 20 minutes)

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)

~~CREATING YOUR FIRST ORGANIZATION &~~

“Wallet Cards” – hand out samples to all. (10 minutes)

Review (Handouts: Using Your Wallet Card; What To Say To Others About Your Wallet Card)

~~WILLINGNESS TO B (5 MINUTES)~~

- 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

8. Problems/Concerns: (5 minutes)

- Caregiver/Compassion Fatigue: what to do about it
- Emotional “cup”
- Role of Social Media & on-line resources
- Security & Trust

9. IF TIME ALLOWS

Using a Personal Safety Net to solve problems and deal with situations: (15 – 30 minutes)

(Handout: Role Playing: Situations to Solve)

Activity: Give each group one of the situations on the handout

- Using paper - builds a team to solve the situation (if possible: try to match up situations to groups – for reality)
- Write or draw the situation; show the support that will help address it; show what help is available now; show what would help but isn't.
- Debrief as a group

10. Evaluation & Q & A (5 minutes)

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