

UBPL 802

Cultivating Compassionate, Sustainable Communities 1:

Personal Transformation for Natural Hazards and Climate Change

Workshop I

January 26, 2019

9:00 a.m.-3:00 p.m., Snow Hall Room 201

9-9:45 a.m. Welcome and Introductions

- Welcome and logistics (Ward) *5 minutes*
 - Outline for the day
 - Bathrooms, water, breaks, snacks, lunch, etc.
 - Questions?
- Icebreaker (Kelly will begin) *20 minutes*
 - Name, preferred pronouns
 - Answer the question on your slip of paper, and then select someone else to answer your question and their own
 - Who's your best friend?
 - What was something you wished you learned in school?
 - What's your favorite line from a song/poem?
 - What would your third-grade teacher say about you?
 - Would you like to be famous? In what way?
 - For what in your life do you feel most grateful?
 - What is the greatest accomplishment of your life?
 - When did you last sing to yourself? To someone else?
 - Given the choice of anyone in the world, whom would you want as a dinner guest?
 - If you could wake up tomorrow having gained any one quality or ability, what would it be?
 - If you could travel to outer-space, would you? Why or why not?
- Introduction: Course Themes (Ward) *15 minutes*
 - Scale: Individuals, Relationships, Systems
 - Sketch network schematic on board
 - Nodes and edges; attributes and connections
 - Networks – individual to system level – able to enhance and constrain behaviors/actions/capabilities
 - Dynamic over time – opportunities to cultivate/counter forms of changes
 - Concepts of centrality and power; structure and power
 - Subjects: Hazards/climate, professionalism, compassion
 - Triangle – tensions/opportunities along each edge of triangle
 - Spend time throughout day digging into these topics, but what tensions/opportunities can we think of?
- Practice: Settling Attention (Kelly) *8-minutes*

15-minute Break

- Distribute lunch menus and ordering sheet (Kelly will prepare in advance)

10-11:30 a.m. Hazards and Climate Change

- Presentation on the science of hazards and climate change (Ward) *30 minutes*
 - Course outline and materials (walk through Blackboard)
 - Readings and what find in them
 - Videos and what find in them
 - Please share/send materials and we'll add them for all to see
 - Core terms and concepts
 - Disaster Cycle: Preparedness, Response, Recovery Mitigation
 - Climate Mitigation and Adaptation
 - Emergency Management – Planner - PA – Engineering – Environment – Social Welfare Silos
 - Kelly will order lunch while Ward presents
- Pair and share exercise: Storytelling and hazards and climate change *40 minutes*
 - What disaster did you pick? Why? What interests you about hazards/climate change? Personal experience, professional interest—essentially what draws you to this topic?
 - Pairs: Cassie and Alex, Lindsay and Yiwen, Penn and Jae, Justin and Qin
- Group discussion (Ward facilitate, Kelly map on board) *15 minutes*
 - Mapping Note each disaster selected, characteristics between and among the different disasters, who's vulnerable, what's impacted, etc.
 - Ideas on how begin learning about your disaster through secondary data
 - Media archives – print, audio, and video media
 - Social media – FB, twitter etc
 - Academic books and Peer Reviewed Literature
 - Government documents – plans, recovery documents, disaster declarations, status reports, etc.
 - Popular books, documentaries retrospectives
 - Oral histories/stories/fiction
 - Perhaps own personal experience
- Practice: What breaks your heart prompts ? (Kelly) *5-minutes*

11:30 a.m.-12:30 p.m. Lunch at McClain's

- Cooper will pick up lunches, hold table in advance (thanks Cooper!)
 - Share: differences between the different academic programs

12:30-1:30 p.m. Professionalism

- Pair and share exercise: Your professional field, and how it (might) relate to hazards and climate change *30 minutes*
 - What attracted you to your field? Where does it sit institutionally (who do people work for, clients?) Connections to hazards and climate change?
 - Pairs: Cassie and Qin, Lindsay and Penn, Jae and Alex, Justin and Yiwen
- Concept mapping *15 minutes*
 - What do your different professions do? Connections to hazards and climate change? Who/what do they impact? Who isn't here from a professions standpoint? Who not here beyond 'professions'?
- Wrap up: Topics within professionalism *10 minutes*
 - What distinguishes a professional from a non-professional in our fields?

- Benefits/limitations of being a ‘professional’?
- Codes of ethics? Memberships? Status levels within profession?
- How should professionals be trained?
- Practice: Caring Moment (Kelly) *5 minutes*

15-minute break

1:45-2:30 p.m. Compassion

- Reflection and Journaling (Kelly) *15 minutes*
 - Emotions and climate change, emotions in your profession
 - Prompts:
 - How do emotions intersect with climate change? How have they in your life? How do you anticipate they might for someone in your profession? Consider at three scales: For your own self, in relationship with co-workers, systematic?
- Group discussion and reflection (Kelly) *15 minutes*
 - What did you consider? Range of emotions, challenges we would experience within our professions and the connections to hazards.
- Compassion introduction (Ward) *10 minutes*
 - Why we’re doing this, relational model
 - Slides: 4 stages of compassion and 3 modes of compassion
 - Slide: questions we’ll grapple with: compassion innate? Limitations to compassion? Place for compassion in professional life and work? Downsides to compassion? Sustaining compassion?
- Practice: Safe Place (Kelly) *5-minutes*

2:30-3:00 p.m. Logistics discussion, final practice

- Agreements? (Ward lead, Kelly document) *10 minutes*
 - Theme: partnership in this process
 - Limited in-person engagement but should take a few minutes to express any expectations we should have for ourselves and others to do this work
- Logistics *5 minutes*
 - Preferred dates/times for assignment deadlines (Friday/Saturday/Sunday?)
 - Other two dates for workshops
- Kelly and Ward’s experience *10 minutes*
 - Courage of Care influence, inspiration from retreat, professional
- Practice: Letting Be’s (Kelly) *5-minutes*

