



THE BEAUTY WE HIDE; THE STRENGTH WE SHARE

# ON BEING YOU



# Global Implications

BIG

Small  
Small  
Small  
small



# Love is All You Need

**The psychology of biology**

**The biology of emotions**

# The Value You Bring

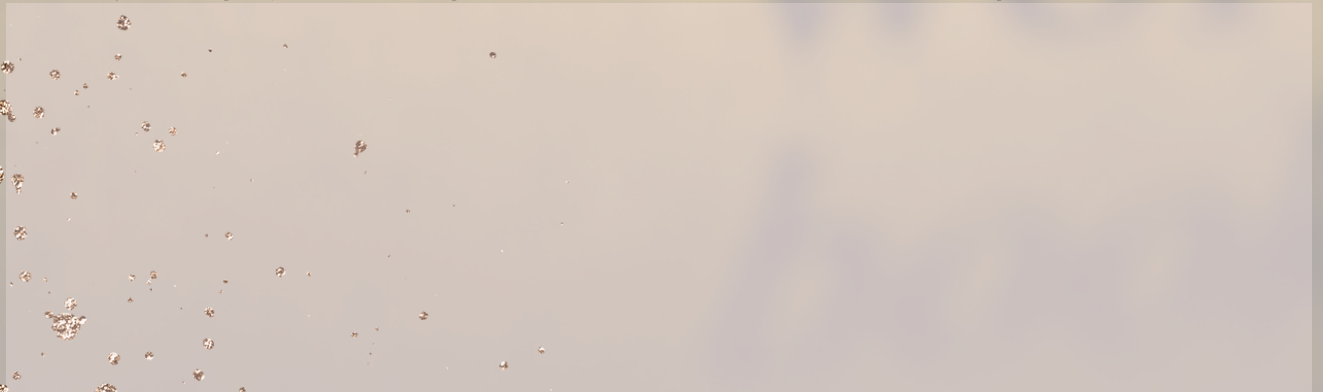
Where does your self worth come from? Do you seek it externally?  
Or is it an inside game for you?



On a scale from 1-10, rate your confidence and self-worth on an average day?



Where are you currently backing down or doubting yourself?

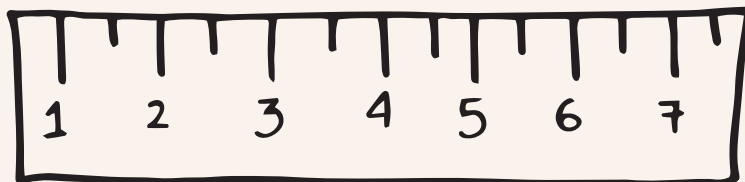




# Watson's Caritas Self-Rating Scale

Never

Always

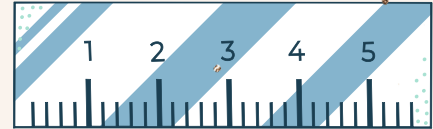


1. I treat myself with loving kindness
2. I practice self-care as a means for meeting my own basic needs
3. I have helping and trusting relationships with others
4. I create a caring environment that helps me to flourish
5. I value my own beliefs and faith, allowing for my personal success

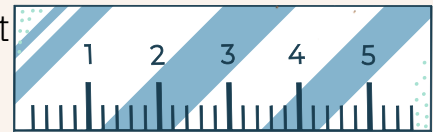
# General Self-Efficacy Scale

1 = strongly disagree; 2 = disagree; 3 = neither agree nor disagree; 4 = agree; 5 = strongly agree

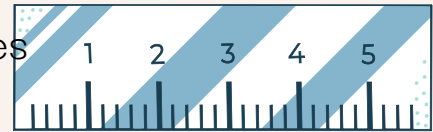
- I will be able to achieve most of the goals that I set for myself.



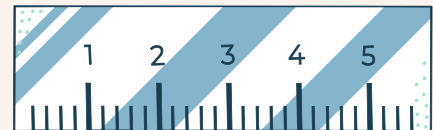
- When facing difficult tasks, I am certain that I will accomplish them.



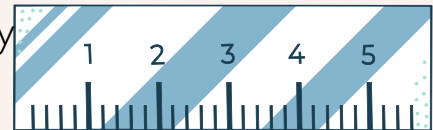
- In general, I think that I can obtain outcomes that are important to me.



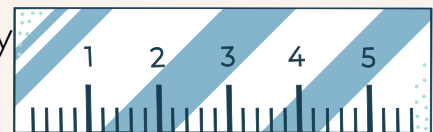
- I believe I can succeed at most any endeavor to which I set my mind.



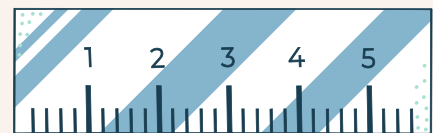
- I will be able to successfully overcome many challenges.



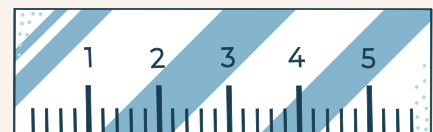
- I am confident that I can perform effectively on many different tasks.



- Compared to other people, I can do most tasks very well.



- Even when things are tough, I can perform quite well.



# Short Story

Tell your story...

How does your story matter?

What is the Beauty You Hide?





# The Strength We Share



# Becoming a TIP



# SURGE Masterclass

1. Three-hour interactive virtual learning experience includes a workbook and practical strategies that you can apply immediately
2. This can be scheduled at any point along your 6-month journey. We offer this class monthly at different times to accommodate our global learners.

NOTES

# Online Modules

1. Each module corresponds to an attribute
2. These modules are comprised of videos, readings, reflections and pre/post self assessments across each attribute
3. Average weekly time commitment to complete the program within the recommended 6-month time line is between 2-3 hrs/week

NOTES

# Mastermind Sessions

1. 90-minute sessions offered twice a month at different times

2. You are required to attend two but invited to attend all the sessions

NOTES

# Final Examination

1. Multiple choice, open book examination
2. Highlights key, takeaways from the text.
3. If you don't pass you can retake the exam without penalty

# Additional Notes

*Thank you for your time and attention*



Being trauma informed is rediscovering your own story to connect authentically and compassionately with the stories of others. Stories matter and we at Caring Essentials believe by embracing our collective stories each of us can and does make a difference in the lives of others and ourselves EVERY DAY.

Through the journey of becoming trauma informed, leaders emerge and cultural transformation takes shape as a caring collective of energized, empowered and engaged professionals.

Our role is to support and serve you through this journey and transformation with our expertise, comprehensive education programs, organized evidence-based frameworks and our unflinching commitment to help you create more compassionate, nurturing and mindful caring experiences for babies, children, families, colleagues and yourself.

LET'S KEEP IN TOUCH

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