

June Healing

June marks our second month discussing Healing. This conversation should serve as a debrief from last month and set-up for the ongoing efforts in June and beyond. Remember that we discussed the following concepts: Be Here Now, Gratitude, Cultural Humility, and Peer Check. Below you can find an approach to the conversation. On the second page, you will find additional resources and activities to help live our Healing value.

Setting the Stage

The conversation should be focused on how the team used the concepts to support Healing. Set the stage by reminding the team about the concepts we focused on over the past month and any tools you used.

Debriefing May

Ask your staff about how they used the concepts over the past month and the impact of their behavior on Healing. Allow for examples to be shared from the team.

Setting up June

Ask the team what they would like to do to start, stop, or continue with their behaviors or actions to continue their support for Healing.

June Healing

Over the past month we have used Be Here Now, Gratitude, Cultural Humility, and Peer Check to heal and support one another. Part of healing is understanding ourselves and those around us so we can properly step in to support our peers. Below are some activities and discussions that can lead to healing practices. Many of these activities are ones that we have used previously, and the important point is to turn these activities and discussions into ongoing actions within our teams.



Appreciation & Gratitude



- Agree to appreciate one person per week (iValue U card, appreciation link (in the QR code to the left), or Praise on Teams)
- Discuss the impact of receiving appreciation, and the impact of giving appreciation.
- Practice providing appreciation in a team meeting using our tool “What I appreciate about you is...”



Behavioral Styles

We all bring unique styles to our work and teams. A great way to start the discussion around these differences is through the Behavioral Styles Assessment. Have the team complete [this assessment](#) and then have them report out to each other. Lead the team in a discussion:

- What patterns do you notice?
- What does this mean for the team?
- How might this help with supporting and healing our colleagues?
- What is one thing we could do with this understanding to help us be even more effective in Healing?



Cultural Humility & Filters

We all have certain filters and perspectives that influence our thinking patterns and behaviors. Part of cultural humility is reflection and awareness building to develop authentic relationships. There are wonderful resources found at the [Outsmarting Human Minds](#) that you can use to have meaningful conversations around Cultural Humility and Healing. The “Self-fulfilling prophecies” resource is a particularly interesting podcast for our value of Healing and interactions with one another.