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Group Website: [Family Engagement Community of Practice](#)

2021-22 Family Engagement Community of Practice (CoP)

AGENDA

December 10, 2021, from 1:00 to 2:30

1:00-1:10 Welcome Participants and Introduce Facilitators

Overview of our community of practice.

1:10-1:30 Small Group Discussion #1: *Self-Reflection*

Sample questions:

- How has the pandemic impacted your life? Are there moments or situations that have caused you to stretch or exceed your limits?
- What kind of family engagement specialist (parenting educator, family advocate, etc.) do you want to be?
- What is important to you in your life?

1:35-2:00 Small Group Discussion #2: *Self-Care*

Sample questions:

- When you think of self-care, what comes to mind?
- What are you currently doing for self-care?
- How can we make self-care part of our routine?

2:00-2:25 Small Group Discussion #3: *Self-Compassion*

Sample questions:

- What does self-compassion look like?
- How can your schools/organizations, families and communities support you?
- What does a supportive organizational culture/climate look like?
- What role does meaning, purpose in life, and social well-being play in self-care?

2:25-3:00 Closing Comments. *Remember to complete survey!*

[Survey for this session](#) (to share knowledge and receive clock hour certificate).