

Summer Leaders Group Outline

This is a brief outline of our topics. It is open to adaptation based on interest

- July 16th
 - Introductions
- July 23rd
 - Trauma-informed: Recognizing the influence of prior experiences of overwhelm
- July 30th
 - Nervous system regulation with Robyn Smith, LCSW
- August 6th
 - Discussion: practicing with current issues
- August 13th
 - Untangling past from present: naming emotions, identifying stories
- August 20th
 - Patterns of attention: identifying how focus informs behavior
- September 3rd
 - Discussion: practicing with current issues
- September 10th
 - Conclusions



Note: Open Q and A sessions are available with Lesley every Monday at 3 pm ET. Please use the link on the site to sign up.