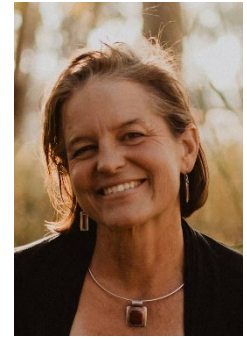


Lorca Smetana: Leadership & Resilience Training on February 11, 2025

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Resources:

Resilience Triage — Three questions that bring us into resourced presence.

In a situation, in any way...

1. How can I (we) add in some **space**, on any front?
2. How can I (we) add some **health into a system(s)**?
3. How can I (we) add in some **lightness**?
4. and as a useful bonus, just add **water** — hydrate, make tea, think of the ocean, move to an island...

Breakout prompt: “Which one of these is for me the resource least leveraged, that I seldom think to look for?”

Other Notes:

- **Warrior’s Compassion** — The 3 necessary parts — whether directed inward, outward, for the land, for the world. Build this muscle toward yourself, first, as that is what people are least naturally skillful at and tend to skip a step...
Make sure all of these are present:
 1. The true acknowledgement of felt suffering, on any level
 2. The true acknowledgement of common humanity: “others in similar circumstances feel something like this.” “I am not the first to feel this, I will not be the last...”
 3. Add kindness.
- **Quick Vitality Check — Tarn Resilience Mapping**
 1. How full is the lake that I am right now?
 2. What is the water quality?
 3. Is the water level trajectory rising or falling, and how does this matter for today (this month? this year?)
- **Self-Honoring** —
Shift the ‘shoulds’ of self-care into the inquiry of self-honoring — “What are my *true* needs right now, or the needs of this moment, or of this other person?” And then, “How might these needs be met with both the greatest impact and the greatest ease?”