




**the beauty of different:
why individuality, courage & self-care
are the soul of changing the world**

**2017 NETWORK & CAPPA JOINT ANNUAL CONFERENCE
OCTOBER 20, 2017**

A close-up portrait of Karen Walrond, a Black woman with voluminous dark curly hair, smiling warmly. She is wearing a blue top and large hoop earrings. The background is softly blurred, showing warm tones and a wooden chair.

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KAREN WALROND

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ARUN GANDHI

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from arungandhi.net

A photograph of a person's hands holding a dark blue bowl filled with several red apples. The person is wearing a green beaded bracelet on their left wrist and has purple glitter nail polish on their thumbs. The entire image is framed by a thin white border.

THE CONCEPT OF TRUSTEESHIP

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A photograph of a person riding a bicycle, with a bokeh background of warm, golden light. The person is wearing a blue patterned top and dark shorts. The bicycle is white with black tires. The text "light words" is overlaid on the left side of the image.

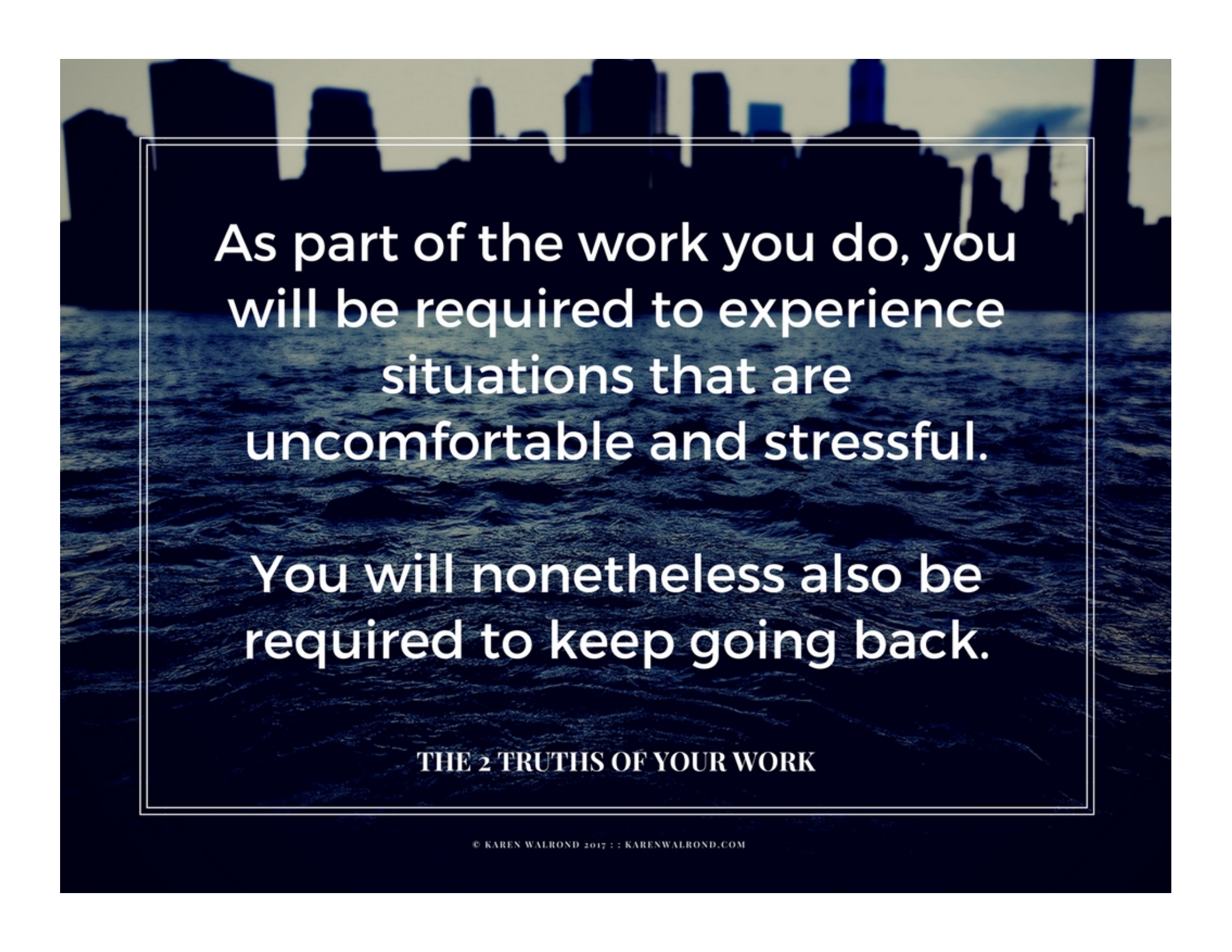
light words



WHAT DO PEOPLE
THANK YOU FOR?




How can you use your "light words" to serve your personal and professional worlds?



As part of the work you do, you
will be required to experience
situations that are
uncomfortable and stressful.

You will nonetheless also be
required to keep going back.

THE 2 TRUTHS OF YOUR WORK



VULNERABILITY

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IN THE ARENA

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A photograph of a blue mug with green polka dots, an open notebook with a pen, and a wooden surface. The notebook has the text "Who do I admire?" written on it. The entire image is framed by a white border.

WHO DO YOU ADMIRE?


A photograph of a dirt path winding through a dense forest. Sunlight filters through the trees, creating a bright, glowing effect on the path and surrounding foliage. The image has a dark, moody atmosphere with high contrast between the sunlit areas and the deep shadows of the woods.

"Integrity is choosing courage over comfort, choosing what is right over what is fun, fast or easy, and choosing to practice our values, rather than simply professing them."

~ BRENE BROWN, *RISING STRONG*



WHAT DOES COMPASSION LOOK LIKE?



increased motivation
increased happiness
improved body image
enhanced self-worth
fosters resilience
reduces psychological distress

BENEFITS OF SELF-COMPASSION



mindfulness
common humanity
kindness


ELEMENTS OF COMPASSION

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A close-up photograph of a woman's face and upper body. She is wearing a blue V-neck sweater and has her right hand placed over her heart. She is wearing a ring on her ring finger and several bracelets on her wrist. The background is blurred, showing what appears to be an airplane cabin. The text "SELF-COMPASSION BREAK" is overlaid at the bottom in white capital letters.

SELF-COMPASSION BREAK

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"90% of your long-term happiness is predicted not by your external world, but by the way your brain processes the world."

~ SHAWN ACHOR, *THE HAPPINESS ADVANTAGE*

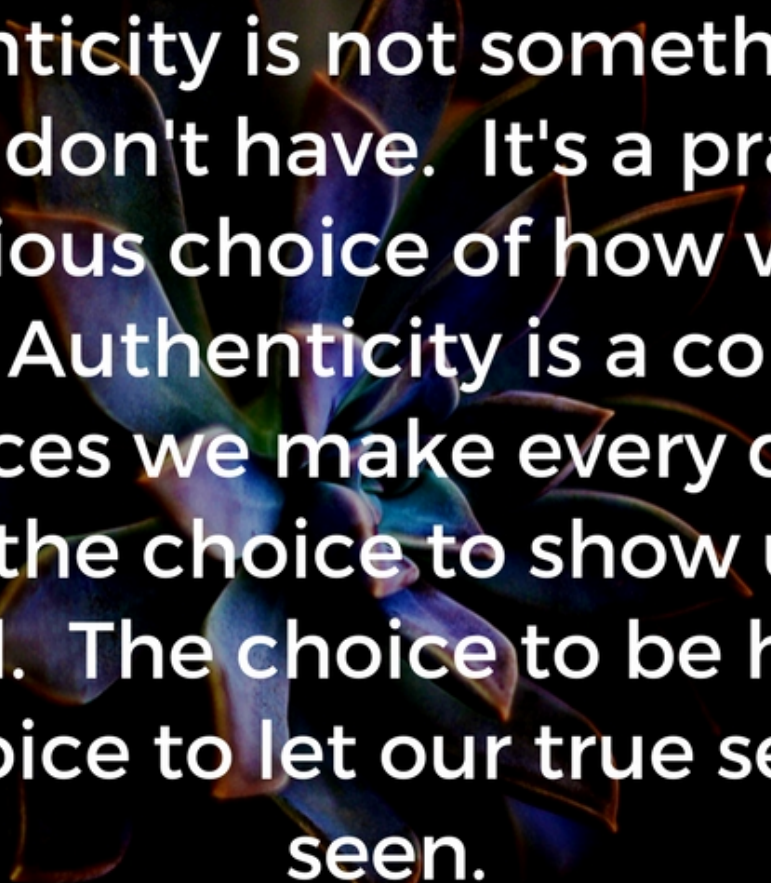


THE CONNECTION BETWEEN
JOY AND GRATITUDE

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A photograph of three women laughing joyfully together outdoors. The woman on the left has a tattoo that says 'mess...'. The woman in the middle has a tattoo that says 'anyemir'. The woman on the right has a tattoo that says 'lovable' repeated multiple times on her arm. The text 'notice 3 things you're grateful for. write them down. thank someone.' is overlaid on the image.

notice 3 things you're grateful for.
write them down.
thank someone.



Authenticity is not something we have or don't have. It's a practice -- a conscious choice of how we want to live. Authenticity is a collection of choices we make every day. It's about the choice to show up and be real. The choice to be honest. The choice to let our true selves be seen.

BRENÉ BROWN