

YOUR PRIORITIES AND FOCUS

What do you need in each of these areas?

Felt-Safety

Connection

Co-Regulation

How would you rate your current level of the following:

Hope



Community



Practical Tools



Sustainability



Which Presentations Are Most Aligned with Your Needs?

YOUR PLAN

How will you make sure that you attend all the sessions that are most likely to be helpful?

Just because we aren't in person doesn't mean it can't be special in the way that an in-person event might!

- ☐ Add a time to watch them in your calendar?
- ☐ Get some help with any caregiving responsibilities so that you can be relatively distraction free?
- ☐ Have meals available ahead of time?
- ☐ Connect with some friends for a watch party?
- ☐ Write yourself a "future you" note about how great you will feel when you have more hope, community, and practical tools

Any other thoughts or notes to self?

DAY #1 – FELT SAFETY

SPEAKER NOTES

Name	
Presentation Title	
How to get in touch with speaker later	
Key Takeaways	

Name	
Presentation Title	
How to get in touch with speaker later	
Key Takeaways	

DAY #1 – FELT SAFETY

SPEAKER NOTES

Name	
Presentation Title	
How to get in touch with speaker later	
Key Takeaways	

Name	
Presentation Title	
How to get in touch with speaker later	
Key Takeaways	

DAY #1 – FELT SAFETY

SPEAKER NOTES

Name	
Presentation Title	
How to get in touch with speaker later	
Key Takeaways	

Name	
Presentation Title	
How to get in touch with speaker later	
Key Takeaways	

DAY #2 - CONNECTION

SPEAKER NOTES

Name	
Presentation Title	
How to get in touch with speaker later	
Key Takeaways	

Name	
Presentation Title	
How to get in touch with speaker later	
Key Takeaways	

DAY #2 - CONNECTION

SPEAKER NOTES

Name	
Presentation Title	
How to get in touch with speaker later	
Key Takeaways	

Name	
Presentation Title	
How to get in touch with speaker later	
Key Takeaways	

DAY #2 - CONNECTION

SPEAKER NOTES

Name	
Presentation Title	
How to get in touch with speaker later	
Key Takeaways	

Name	
Presentation Title	
How to get in touch with speaker later	
Key Takeaways	

DAY #3 - CO-REGULATION

SPEAKER NOTES

Name	
Presentation Title	
How to get in touch with speaker later	
Key Takeaways	

Name	
Presentation Title	
How to get in touch with speaker later	
Key Takeaways	

DAY #3 - CO-REGULATION

SPEAKER NOTES

Name	
Presentation Title	
How to get in touch with speaker later	
Key Takeaways	

Name	
Presentation Title	
How to get in touch with speaker later	
Key Takeaways	

DAY #3 - CO-REGULATION

SPEAKER NOTES

Name	
Presentation Title	
How to get in touch with speaker later	
Key Takeaways	

Name	
Presentation Title	
How to get in touch with speaker later	
Key Takeaways	

NEXT STEPS

Step #1	
When will you do it?	
What do you need to do it?	
Step #2	
When will you do it?	
What do you need to do it?	
Step #3	
When will you do it?	
What do you need to do it?	