

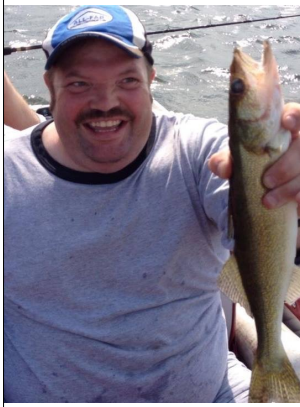


Creating a Culture of Gentleness

MATINS



A LITTLE BIT ABOUT ME



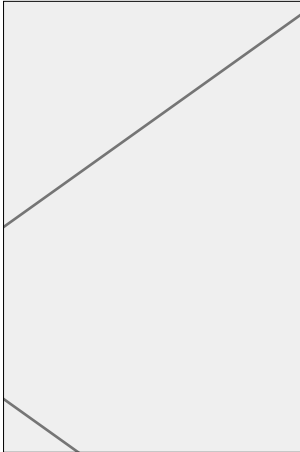
A LITTLE BIT ABOUT ME

- Brother of someone who experiences a cognitive disability.



A LITTLE BIT ABOUT ME

- Brother of someone who experiences a cognitive disability.
- Caregiver for about a third of my career



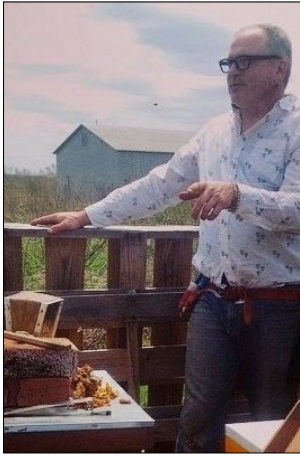
A LITTLE BIT ABOUT ME

- Brother of someone who experiences a cognitive disability.
- Caregiver for about a third of my career.
- Opportunities to work with some of the most forward thinking people in the field



A LITTLE BIT ABOUT ME

- Brother of someone who experiences a cognitive disability.
- Caregiver for about a third of my career.
- Opportunities to work with some of the most forward thinking people in the field.
- Working WITH families is some of the most important I have done.



A LITTLE BIT ABOUT ME

➤ I am also a beekeeper!



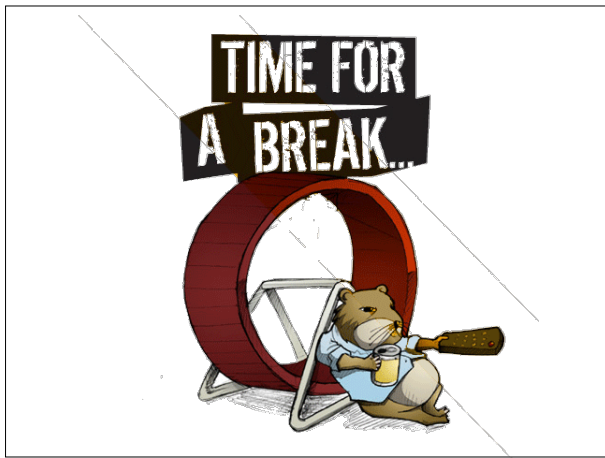


SUPPORTING FAMILIES

HOW WILL
WE BE
TOGETHER?

Tell us

- Your Name
- Where you work
- Who was your favorite teacher/ mentor.



AGENDA

- Introductions
- History of CoG
- Barriers to Success
- Central Purpose
- Four Tools
- When I am.....
- The 6 Elements
- I Learned.....

Relationships



We Believe

- ◆ there is hope for all people.
- ◆ people deserve to feel emotionally and physically safe.
- ◆ people deserve to feel loved.
- ◆ all people have unconditional value.
- ◆ that individuals thrive “in community” where there is a sense of belonging and meaningful relationship with others.
- ◆ that community is not a destination; rather, community is a state of being.
- ◆ that we have a personal responsibility to act with urgency, focus and unyielding commitment on our beliefs.



THE CENTER FOR POSITIVE LIVING SUPPORTS

www.positivelivingsupport.org
16900 19 Mile Rd., Clinton Township, MI 48038
© All rights reserved 2011



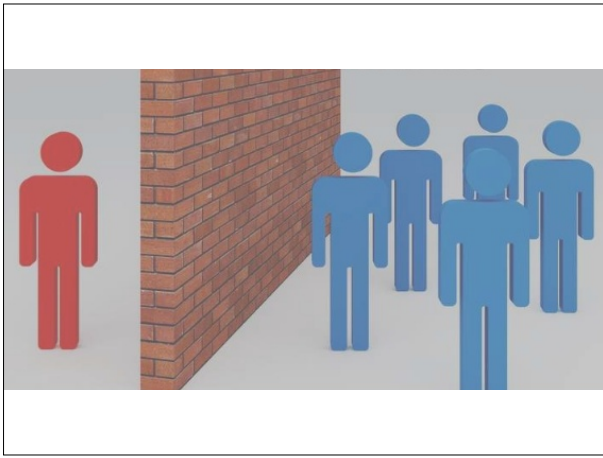
A CULTURE OF GENTLENESS
IS ABOUT.....

A CULTURE OF GENTLENESS
IS ABOUT.....

- ❖ Nonviolence
- ❖ Social Justice
- ❖ Unconditional Love
- ❖ Warmth towards those who are Cold
- ❖ Teaching others to feel *Safe, Loved, Loving and Engaged*
- ❖ Teaching a feeling of Companionship
- ❖ Forming Community
- ❖ A Decision to be *Side by Side* with those who are the most devalued

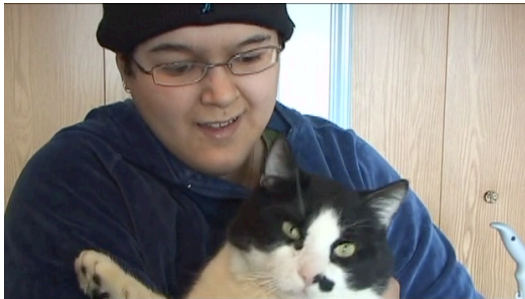
GENTLENESS IS NOT....

- ❖ What ever works
- ❖ A technique to work on individuals
- ❖ Something that works for some and not others
- ❖ A magic wand
- ❖ Letting the person do whatever they want
- ❖ A criticism of other strategies that were used in the past



TASHA





That was Tasha
in 2006





The Central Purpose
of our **Presence**
in the lives of others
is to
Nurture, Teach & Sustain
the **Experience**
of
**Connectedness,
Companionship &
Community**

FOUR TOOLS FOR CAREGIVING

- * OUR EYES
- * OUR WORDS
- * OUR HANDS
- * OUR PRESENCE

PRESENCE

- * Relaxed
- * Peaceful
- * Non-demanding
- * Uplift and not put down
- * Requires time & attention



EYES

- * WINDOW TO THE SOUL
- * MOST PENETRATING
- * EYES REACH OUT
- * CAN BE VIEWED AS FISTS/ DEMANDING
- * GIVE MESSAGE OF WARMTH EVEN IF NOT LOOKING
- * SOME FOLKS ONLY HAVE THEIR EYES TO COMMUNICATE



WORDS

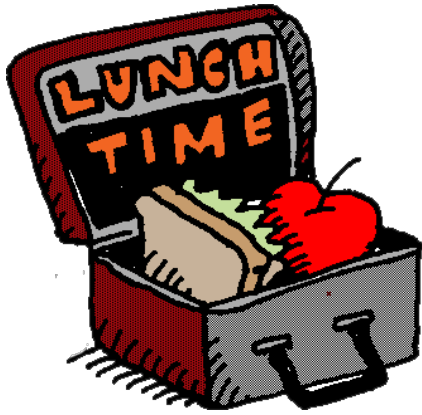
- * WHAT & HOW WE SAY THEM
- * WORDS REACH OUT
- * WORDS SHOULD REFLECT GOODNESS REGARDLESS OF BEHAVIOR
- * ACKNOWLEDGING SADNESS WHILE HONORING & UPLIFTING
- * A GOOD STORY TELLER (EVEN IF ONE-SIDED)
- * EMOTION DRIVES WORDS



TOUCH

- * It must be genuine
- * Don't want it to be a barrier
- * What are the "Have to's"
- * Sensitive to populations
- * Fastest way to connect
- * Teach new memory that touch is good
- * Soft, slow, predictable... ready to back off
- * Avoid provoking violence..evoke peace



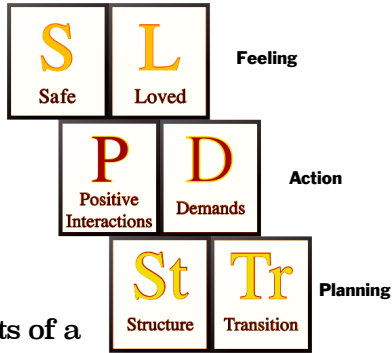


PRAISE SONG
FOR THE DAY



Some Thoughts On Kindness

BY
GEORGE SAUNDERS



6 Elements of a Culture of Gentleness

SAFE & VALUED

- ❖ Intentionality
- ❖ Must start with us
- ❖ Ebbs and Flows
- ❖ Create our own safe space
- ❖ Safe + Valued = TRUST!

**David Pitonyak on...
Coverage Or Relationships?**

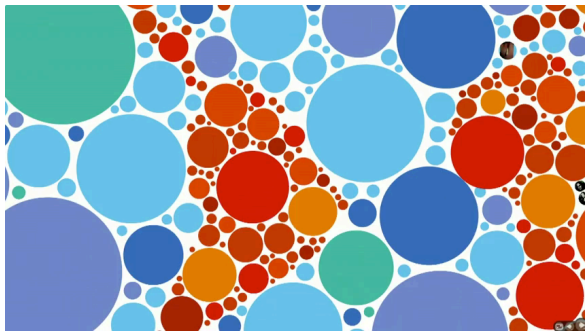
POSITIVE INTERACTIONS
& DEMANDS

POSITIVE INTERACTIONS & DEMANDS

- ❖ Any form of Positive Interaction
- ❖ We all need more Positive Interactions when we are feeling fragile
- ❖ Interpreted by the other
- ❖ 5-1 Ratio
- ❖ For Everybody

POSITIVE INTERACTIONS & DEMANDS

A smile	Frowns
Acknowledgments	Sarcasm
Pleasantries in electronic communication	Task driven interactions
Organizational acknowledgments	Lack of training or orientation about your role
Giving a hand to others	Sink or swim mentality



STRUCTURE & TRANSITIONS

STRUCTURE & TRANSITIONS

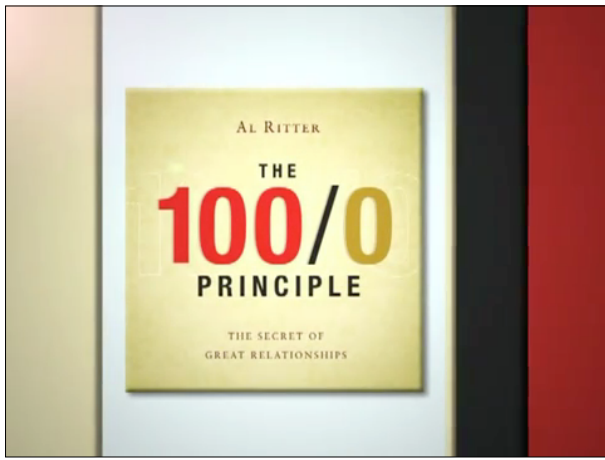
- ❖ Structure makes us feel safe
- ❖ Provides predictability
- ❖ Transitions can cause insecurity
- ❖ Structure can help to ease Transitions
- ❖ Needed at individual and organizational levels

EVERYTHING IS
WAITING FOR YOU

WHEN I AM...

Quality is never an accident, it is always a result of high intention, sincere effort, intelligent direction and skillful execution. I represents the wise choice of many alternatives.

Author Unknown



REFLECTING ON THE DAY

* I LEARNED.....

* I WONDER.....

* I FEEL.....



I Believe!



www.incompanyofothers.com

www.positivelivingsupport.org
