



# Workforce Workgroup

## August 24, 2022

# Welcome



# Housekeeping



- All questions and comments are welcome
- Please mute your microphone when you aren't speaking
- Please leave your camera on if possible
- Time will be reserved at the end for an evaluation
- Today's materials will be emailed to you

# Agenda



- Resiliency Reset
- New Member Introductions
- MedCerts/Greensboro College Clinical Training Programs
- NCCHCA Workforce Services and Support
- Goals & Action Items for September Meeting
- Evaluation & Adjourn

# Resiliency Reset

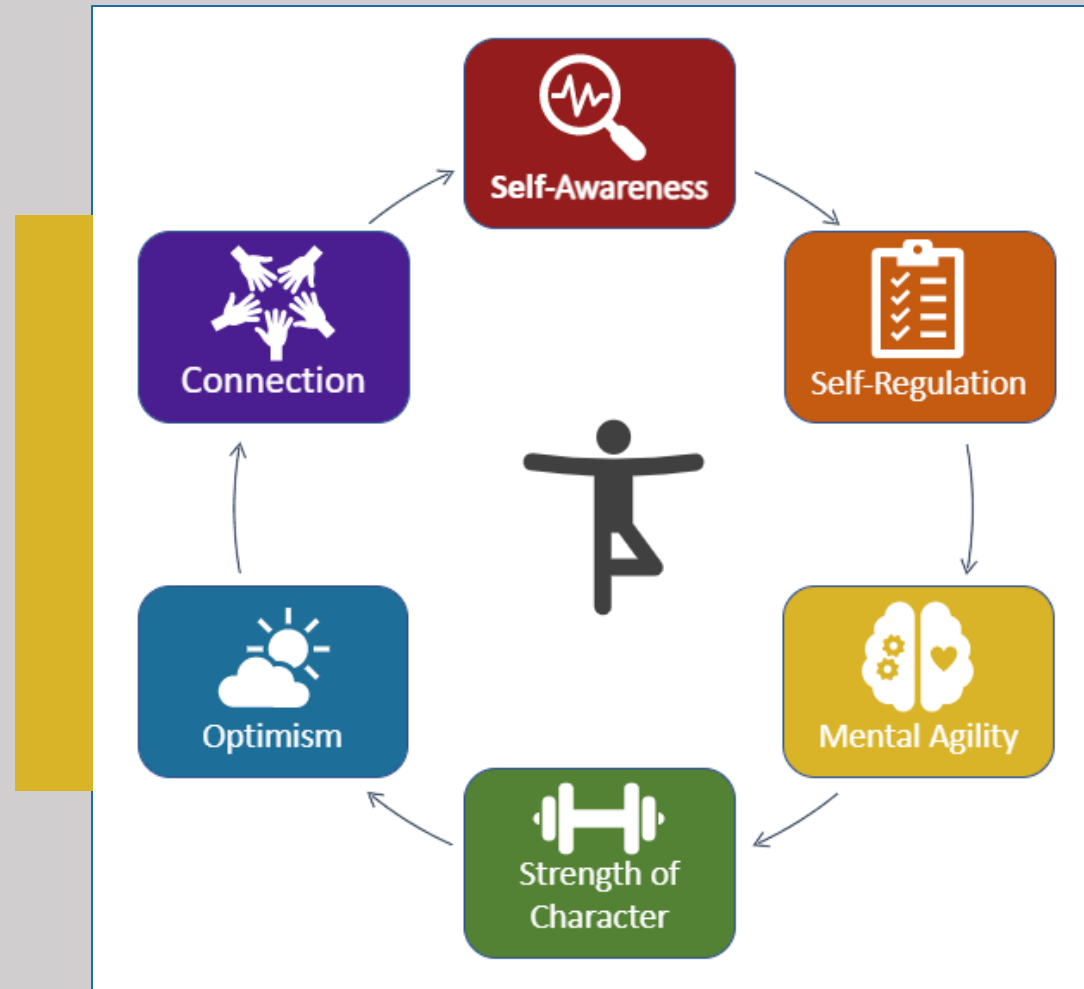


# Resiliency Defined



Resiliency is the ability to withstand, adapt to, and recover from stress and adversity by using effective coping strategies to maintain, or return to, a state of mental health and personal wellbeing.

# The Six Dimensions of Resilience



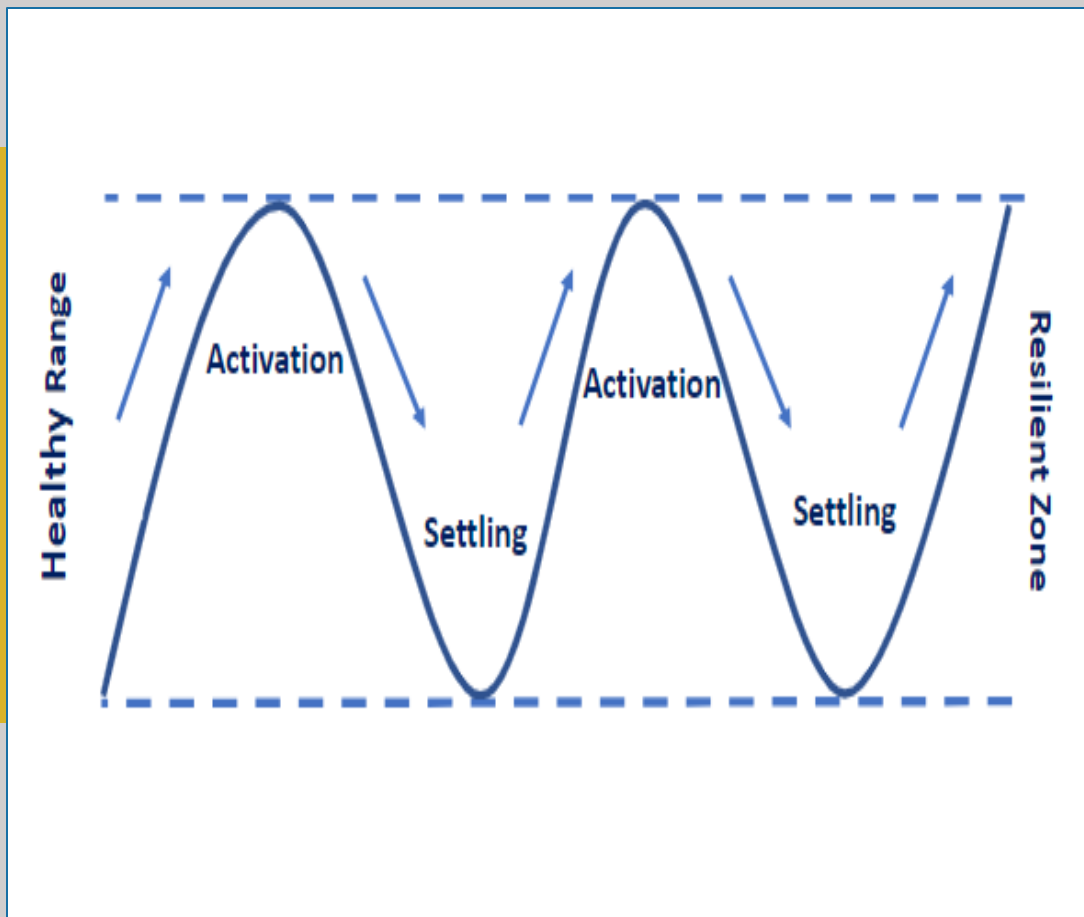
# Focus on Self-Regulation



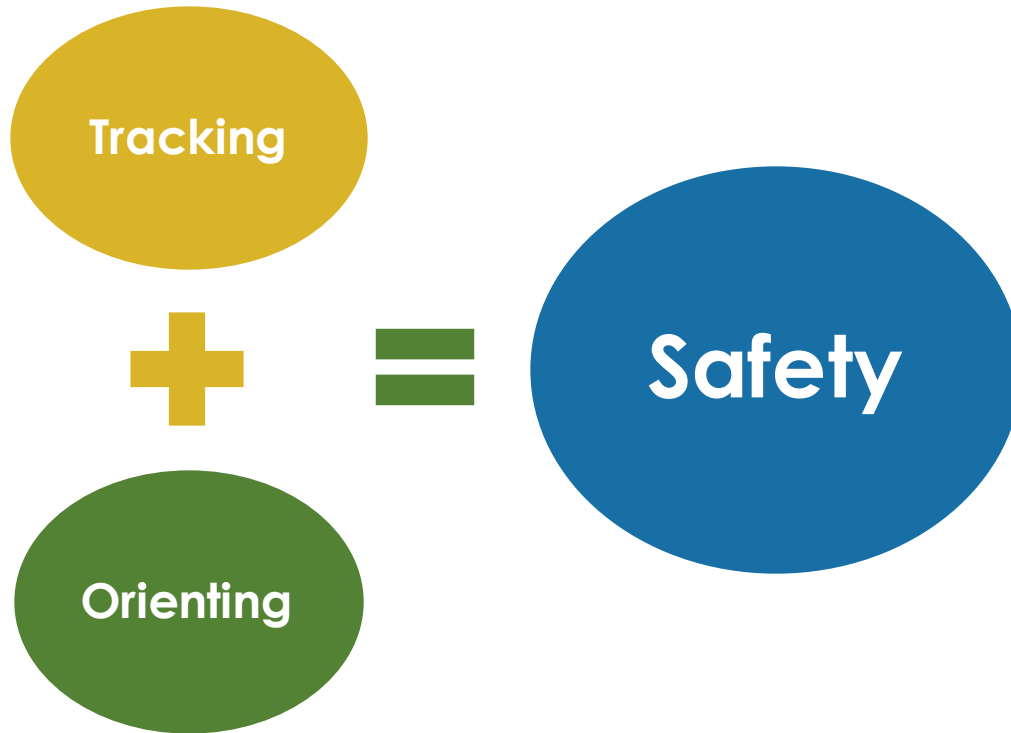
Self-regulation is the ability to modify your thoughts, emotions, physical responses and behaviors when needed



# Focus on Self-Regulation



# Focus on Self-Regulation



- Track your body's sensations
- Orient in your environment
- 20 – 30 seconds
- Signal safety for your survival brain

# Self-Regulation Activities



- **Count** slowly backwards from twenty
- **Drink** a few sips of water  
Feel the sensation of the liquid in your mouth and throat
- **Close** your eyes for a few seconds  
Reopen them in a relaxed way
- **Observe** the temperature  
Notice the temperature of the room and of different parts of your body
- **Look** for colors or shapes  
Name all the colors you see  
Select a shape and name everywhere you see it







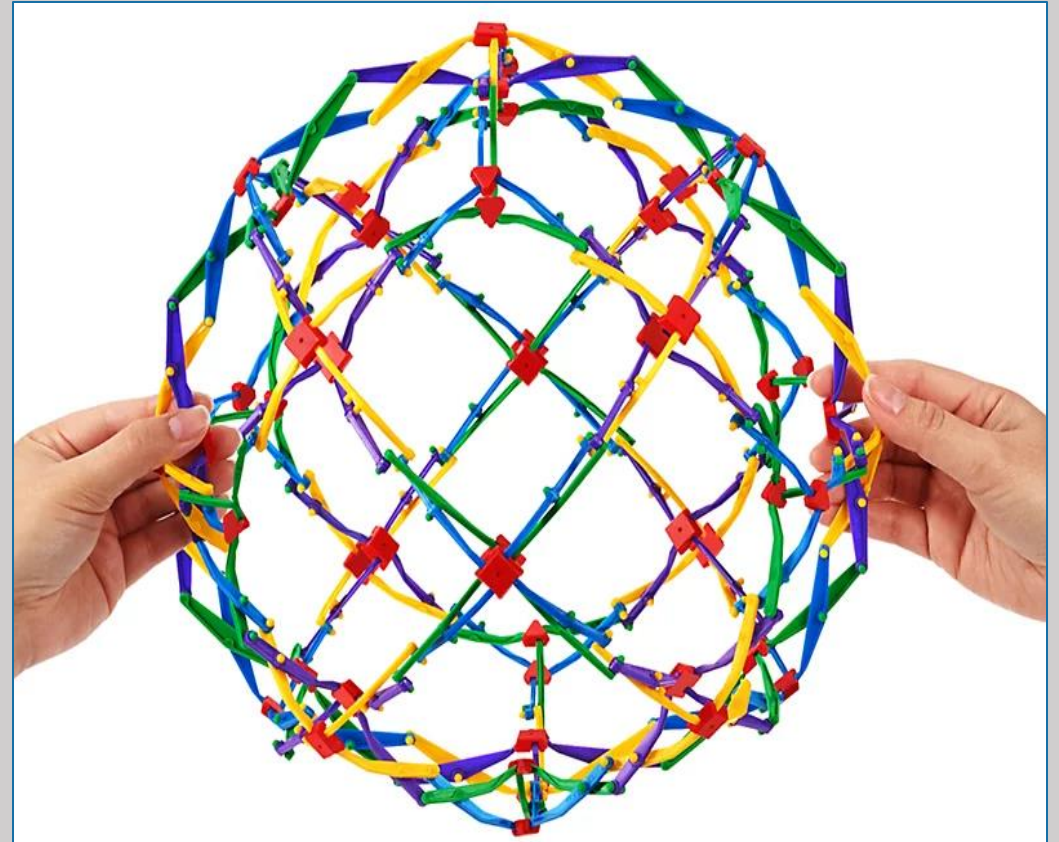
# Self-Regulation Activities



- **Notice** the details of your environment  
Look closely at the room around you and name the objects that catch your attention
- **Push** firmly against a wall or table  
Feel your muscles activating
- **Touch** surrounding objects  
What do the textures feel like to your hands
- **Walk** around or sit down  
Feel your feet connecting with the floor or your seat connecting with the chair
- **Listen** carefully for sounds  
Name all the sounds you hear around you



# Hoberman Sphere



# New Member Introductions





# MedCerts/Greensboro College Innovation & Workforce Development



# NCCHCA Workforce Support & Services



# Pulse Check: Workforce Planning at your CHC



# September Goals & Action Items



- Schedule a follow up with NCCHCA for resources & support
- [HP-ET NCCHCA Survey - 2022 Cycle](#)
  - Extended to August 31st
- Next Workforce Workgroup Meeting: September 14, 10am-11am
  - [Click Here to Register](#)

# TTS Evaluation Link



- Takes 3 – 5 minutes to complete
- [https://ncchca.iad1.qualtrics.com/jfe/form/SV\\_a5ACsdFIOfEGIOc](https://ncchca.iad1.qualtrics.com/jfe/form/SV_a5ACsdFIOfEGIOc)

# Workforce Development Contacts



- Josie Lane-Kuzniar, Workforce Development Manager
  - [lane-kuzniarj@ncchca.org](mailto:lane-kuzniarj@ncchca.org)
- Meredith Benjamin, Workforce Coordinator
  - [benjaminm@ncchca.org](mailto:benjaminm@ncchca.org)

Thank you for  
attending and  
participating!

