

More Resilient Minnesota

Collaboratively Honoring & Healing Communities

Between Phase 1 (Presentations) & Phase 2 (Presenter Training)

Here are a few ideas you might consider:

- **Expand leadership:** Assess who from your community was missing at the presentations. Are the voices of populations in your community most affected by ACEs included in the leadership of your efforts? Whose voices are usually NOT included? How might you reach out, build trust, and invite them to attend an *Understanding ACEs: Building Self-Healing Communities* presentation in your community? FamilyWise Services staff are available to talk with you and support you in your efforts to expand leadership!
- **Come together again:** Offer a time for those who attended an *Understanding Adverse Childhood Experiences: Building Self-Healing Communities* presentation to come back together and check in with one another. We have found that often, even after just one presentation, many people start innovating within their own sphere of influence.



Here are some questions that could guide a follow-up gathering and maintain momentum:

- ***What do you remember from the presentation?*** Sharing with one another – a few weeks after the presentation – what you remember standing out is a great way to reinforce learning.
- ***What did you commit to do? Did you do it? Why or why not?*** This should be presented in a non-judgmental manner – often there are good reasons we decide not to do what we may have originally committed to, maybe because it pointed us in the direction of what we really want to do.
- ***What changed for you that you didn't expect?*** Did you do something in your sphere of influence that you hadn't planned or expected? How is innovation and creativity arising in you around this work?
- **Share more learning:** How would you like to continue learning together as a community? What are topics that would support your ongoing change work as a community? FamilyWise Services will be offering annual gatherings and ongoing webinars to support communities to engage in deeper learning.

For more information about this project, or to find the contact information for your FamilyWise Services regional staff person, please click here to visit the More Resilient Minnesota [webpage](#).

