



**Strengths-Based Prevention That  
Works – Session 2  
Tuesday, January 24, 2023  
11:00am PT/ 2:00pm ET**

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AKJ: PowerPoint slides will be available following this session and a link will be sent to you via email.

AKJ: [www.preventconnect.org](http://www.preventconnect.org)

JS: Hello, everyone! Jody Sanborn, director of prevention with the Wyoming Coalition Against Domestic Violence and Sexual Assault. It's a sunny 35\* here in northern WY today.

AKJ: I will send a link to the slides from today following this session. 😊

ES: Where can we find the recording? I was trying to watch it before today's part 2

AKJ: @Elizabeth the recording for the first session is available at [www.preventconnect.org](http://www.preventconnect.org)

AKJ: We can grab you a link in a moment!

RC: G Harris - Ohio Domestic Violence Network

AKJ: What role does mindfulness play in your professional or personal life?

AKJ: I need more practice in bringing mindfulness in to my professional life, but I spend a lot of time outside decompressing personally.

CS: Mindfulness is definitely a great tool that I try to use in times of stress in my personal time but I definitely don't bring it into my professional life as much as I should.

RC: I use mindfulness to help me sleep. Like @Ashleigh, I too could use it more professionally.

JS: I try to prioritize grounding myself in my body at work. I am constantly stretching/ standing/ moving, which helps to bring me into the present during more anxious moments. Not always great at it though!

BS: I use mindfulness in my daily personal and professional life, specifically when dealing with anxiety driven situations. This has always helped me maintain my composure, remain calm and have the ability to make rational and prompt decisions.

AKJ: That is awesome, Brandi! I struggle with my mind going to mindfulness when I am dealing with a stressful situation ha-ha it's like I forget that is an option.

AK: My pithy answer is... not enough, like most... but when I am able to use it, to recognize the needs of my body and mind, knowing when I need to step away for rest allows me to be more present in my work.

AKJ: this is such a different way for me to think about bystander intervention and I really appreciate it.

BS: Replying to "That is awesome, Bra..." It took a lot of time and patience and consistency to utilize mindfulness. It has been a huge blessing.

TJ: Continued education is so important, I agree.

AKJ: What are some opportunities to integrate mindfulness into your work or organization?

CS: I hold monthly and weekly meetings, I could start bringing in mindfulness activities to the beginning of some of those meetings! I might start doing that actually, even if it's just with the RPE team :)

AKJ: That's a fabulous idea, Caitlin. Thanks for sharing.

TJ: Our team meetings 1x together and adding mindfulness to the beginning of meetings would be awesome.

AKJ: Yes, Tatiana! Love that.

RC: It would be something to start all meetings with a mindful moment. Wonder what kind of resistance there would be to doing that. The type A personalities wanting us to get through the agenda! LOL!

AKJ: I wonder that too, Rebecca! I feel like mindfulness is still devalued in lots of spaces.

RC: Oh yes!

RC: Eyes roll too often...

AK: I've definitely seen that, Rebecca. I've also seen some resistance to engaging in practices like this because folks aren't comfortable with that level of vulnerability in their work spaces... but I think that said more about that workspace, honestly...

RC: And, I think it is also a symptom of white supremacy culture.

AK: ^100%

JS: @Rebecca - absolutely!

TJ: Replying to "I've definitely seen..." This 100%

CS: Have to agree!

RC: The resistance to mindfulness and other practices like that.

JS: Reacted to "I've definitely seen..." with ♥

JS: Reacted to "And, I think it is a..." with 🙏

MR: Did the Tao et al study do a comparison with violence prevention programs, or did it just look at mindfulness and aggression?

JS: Speaking as a Type-A personality, mindfulness in the workplace is SO important - especially for the ones who push back at first! They usually need it most ha-ha.

VB: And if they get the chance to do it regularly even a little bit they can see the benefits!

VB: That is what happened for me when I started trying it finally!

MR: Please ignore my last question, I found the Tao study and answered my question: <https://link.springer.com/article/10.1007/s12671-020-01570-9>

JS: That's part of what makes your implementation feel genuine - I love it!

VB: Thank you Sherry, such an important point you just made.

TJ: Thank you everyone!

SR: Thank you for the great training!

AKJ: Thanks for joining us today — please join us for the final session in this series next Tuesday! We'll send a follow up email for this session this afternoon.

MR: Thanks so much!!

CB: Thank you!

RH: Thank you!

TJ: Reacted to "Thanks for joining u..." with 

WB: Thank you!

CS: Thank you both!!

AH: Thanks, y'all!

TJ: Have a great day!