

## Session 1



**WAY ENOUGH**  
DECISION COACHING



# Getting to Overflow: Moving from Survival to Service



# Behavior to Empathy: The Science of Trauma and Challenge of Compassion

- What are ACEs and Complex Trauma?
- How do they change our behavior, attachment, and relationships?
- Service looks like: Choose compassion – for wounded self and wounded others





## What are ACEs?

ACEs, or Adverse Childhood Experiences, are negative or harmful experiences we have as kids that create toxic stress.



Physical abuse



Sexual abuse



Emotional abuse

ACEs aren't just about being abused. ACEs include not getting emotional and physical needs met because of neglect.



Emotional neglect



Physical neglect

ACEs are also the things that happen around us that affect our sense of safety and attachment.



Being separated from a parent



Mental illness in the home



Substance abuse in the home



Witnessing domestic violence

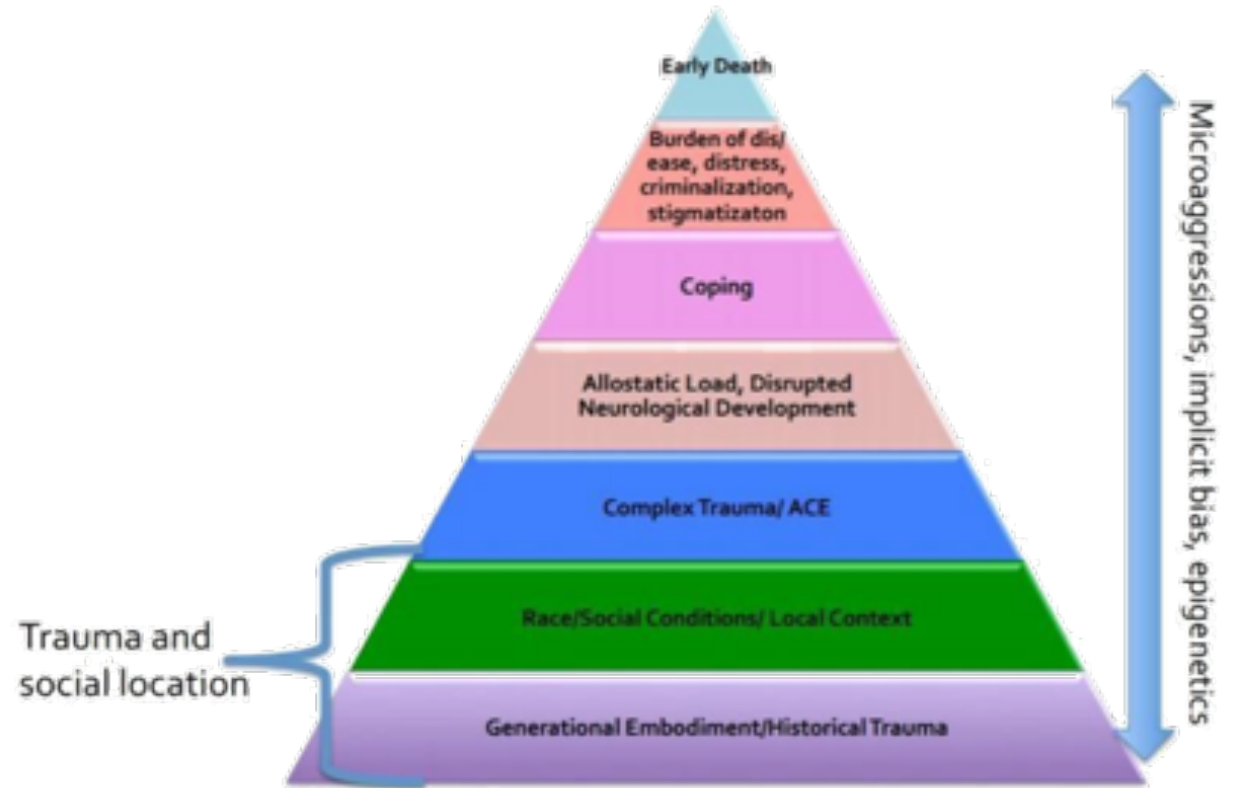


Family member incarcerated

- What are ACEs and Complex Trauma?
- Who has ACEs and how do people get them?
- What is resilience and how does it show up?
- Why are some people able to move on after trauma and others have their whole lives ruined or affected?



# Extended ACEs Pyramid



[\\*http://www.cdc.gov/violenceprevention/acestudy/pyramid.html](http://www.cdc.gov/violenceprevention/acestudy/pyramid.html)

- How does toxic stress change our behavior, attachment, and relationships?
- If we are always on alert and trying to survive a dangerous and uncaring environment, how might it change our bodies, our minds, and our ability to learn?

# Service looks like: Choosing compassion – for wounded self and wounded others

- Knowledge to Action Activity:
- Love Means Listening



Who is  
listening?





## Session 2

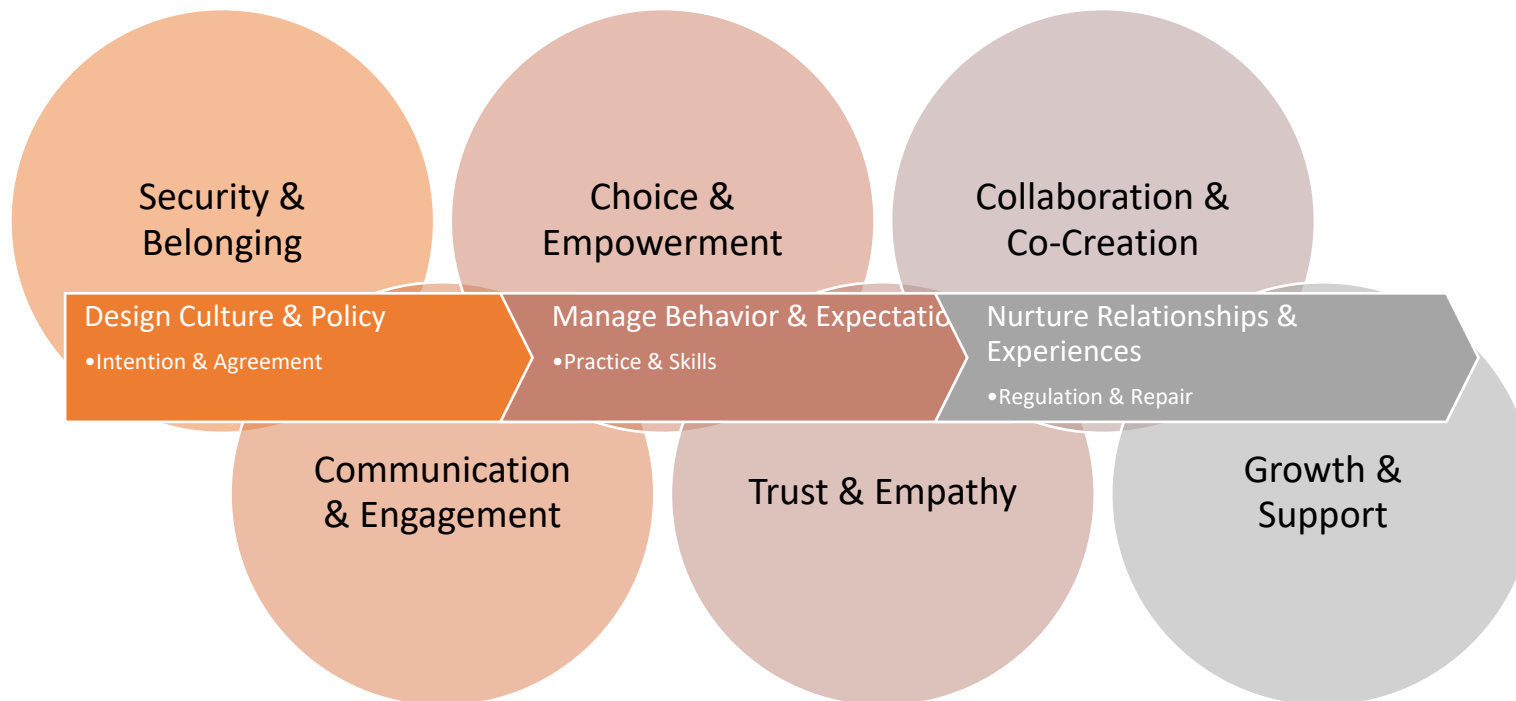


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# Resilience to Relationships: Building Systems that Heal from the Inside Out

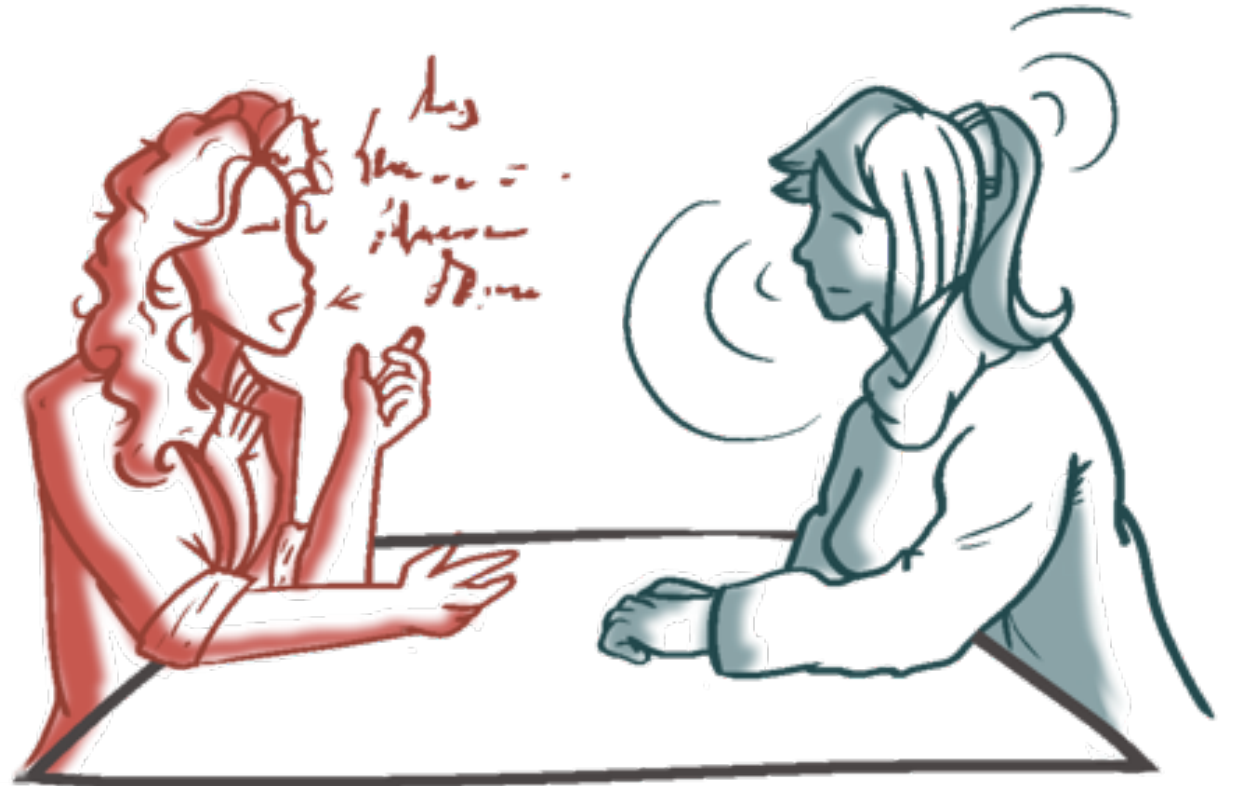
- Universal Design: Create Connection through Policy and Practice
- Why student leadership isn't enough
- Exploring the domains
  - What do we do well?
  - Where are our gaps?





## Service looks like: Sharing power and adapting to meet needs

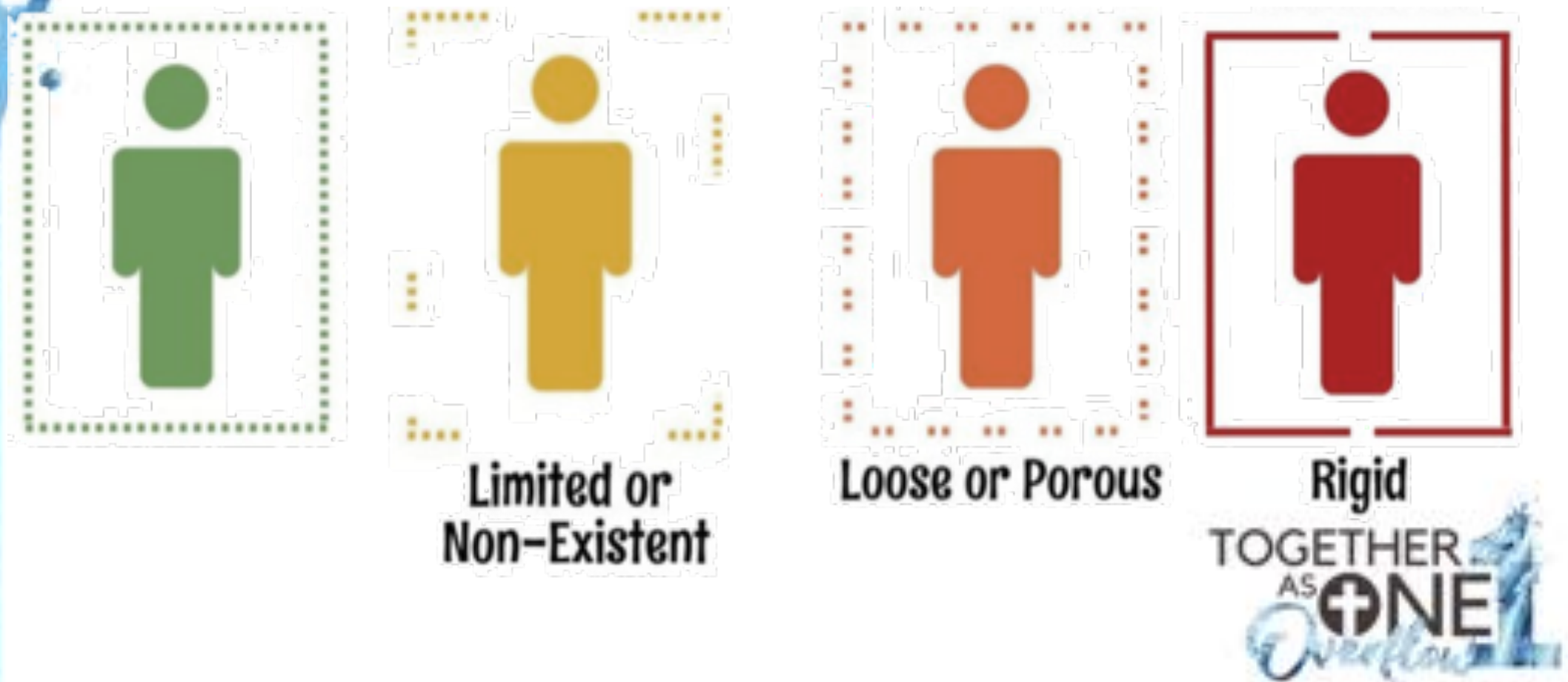
- Knowledge to Action  
Activity: Redesign a policy or practice that matters to students
- Over lunch, students from each school identified a policy that doesn't meet student needs. Your job is to address the unmet need.
- What is the current policy or practice?
- What would meet the needs of students better?
- How will making the change improve student wellbeing and resilience?



# Boundaries beget Generosity: Know yourself and respect others

## Boundaries Game

- All pastors, and choose 2 people from each academy to play



## Session 3



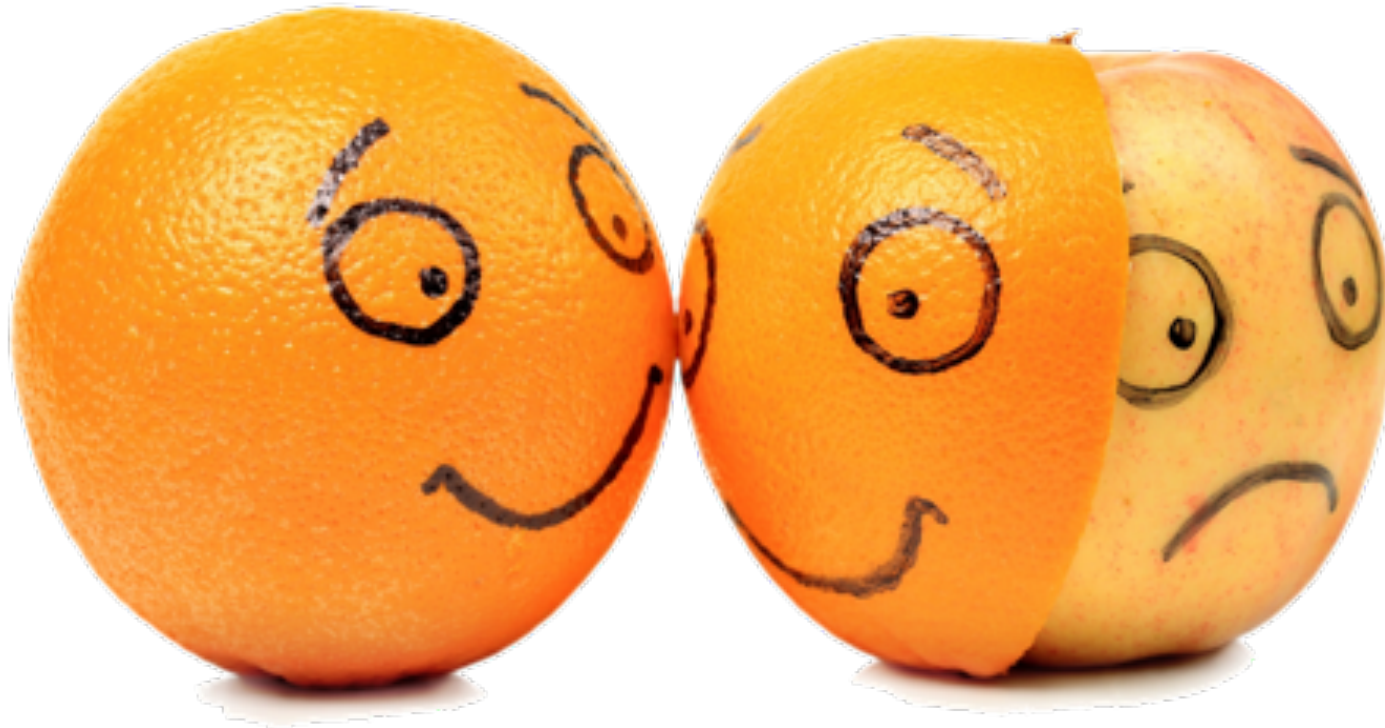
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# How to Serve: Regulation and Repair

- Service begins with Safety: How do you know you're safe for each other?
- Awareness Activity – Matching Emotions to Physical Reactions



TOGETHER  
AS **ONE**  
*Overflow*



What does disapproval have to do with dysregulation?

- If a person has offended us, do we know how to remain emotionally safe for them?

Are we still willing to love them when they deny our values?





Repair brings Connection: Restore safety and build goodwill





Service looks like: Being responsible for my boundaries and my relationships



## Recap

Overflow can't happen in survival mode.

Resilience isn't always positive – sometimes it is messy.

Service means choosing compassion, adapting to meet needs, and being responsible for my impact and my relationships.

We have more capacity to serve others if we manage ourselves and our relationships with compassion and boundaries.

Self regulation serves others by not making them responsible for our emotions and behaviors.

Sometimes service is silent and love looks like listening and holding space.

Repairing can be scary but it is essential for healthy relationships.

