

Coming Back To Your Why

A reflective workshop for Welcome Baby Outreach Specialists

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What We Will Explore

The experiences people and moments that called you to this work and continue to guide your purpose

How presence and grounded awareness support deeper listening clearer communication and emotional steadiness

How trust is built with families and community partners through authenticity attunement and connection

A simple grounding practice you can use in real time to reconnect with your why

Reflection

Reflection is

- Slowing down.
- Noticing what is happening inside.
- Making space for awareness
- Connecting your experiences to your purpose.
- Learning from your own story.

In this workshop

- You get to pause and tune inward.
- You speak from your experience.
- You share only what feels right.
- We move at a gentle pace



Agreement Reminders

Listen to understand



Stay open and curious



Speak from experience



Take space, leave space



Allow conversations to emerge



Show up authentically

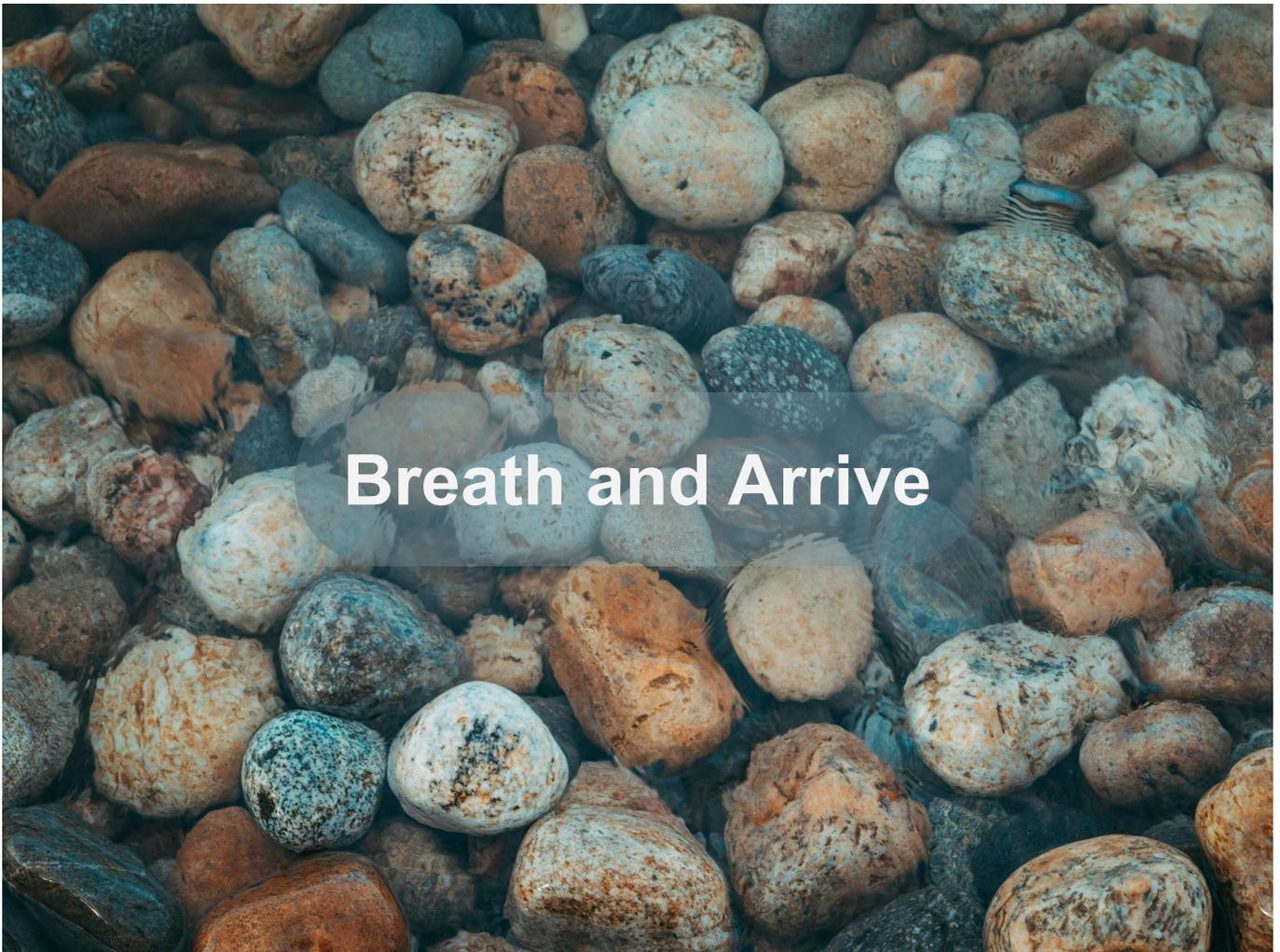


Checking in

What word captures
how you are arriving
today?



Breath and Arrive



What Is Your Why?

What grounds you?

The values and experiences that steady you in this work

What guides you?

The inner compass that shapes how you show up for families

What keeps you connected?

The moments that remind you why this work matters

What gives your work meaning?

The purpose beneath the tasks that brings intention and heart



Reflect & Journal

- **What helps me feel steady and anchored in this work?**
- **What guides how I show up for families and community partners?**
- **What gives my work meaning beneath the tasks what makes this work matter?**
- **What helps me stay connected to my why?**

Breakout Groups



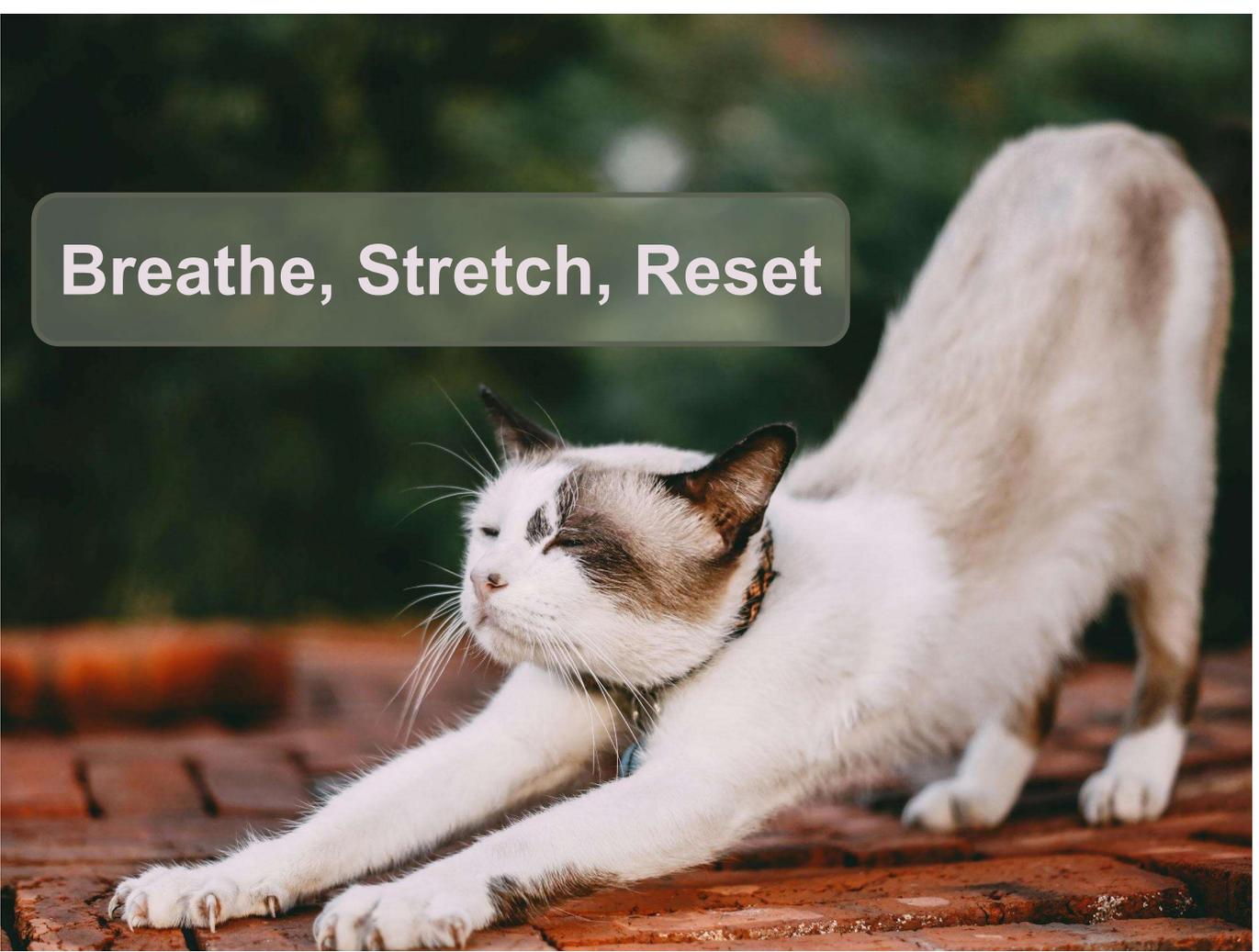
- What themes or patterns are emerging for you?
- What are you noticing about your connection to your why?



Group Harvest

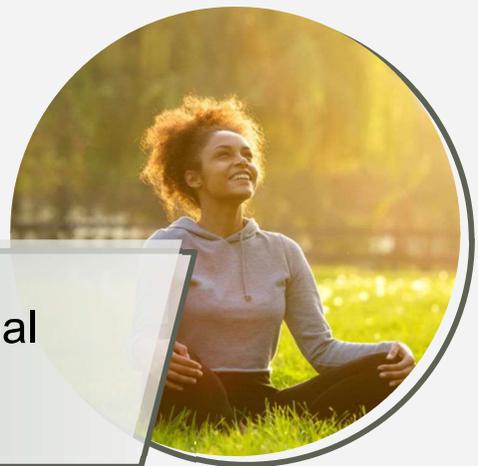
- What stood out from your group conversations?
- What themes or patterns did you notice?
- What helped you feel more connected to your why?
- How did it feel to share a bit of your story?

Breathe, Stretch, Reset



Grounded Awareness

Be present in your body.



Notice your internal state.



Respond instead of react.

Grounded Awareness

Grounded awareness

Slowing down internally

Noticing your breath and body

Being aware of your thoughts and emotions

Staying present with what is happening

What It Looks Like in Your Work

Noticing when you feel rushed or calm

Becoming aware of tension in your body

Recognizing emotional shifts during conversations

Catching yourself before going on autopilot or disconnecting

Mentimeter

What supports you
in staying grounded
at work?

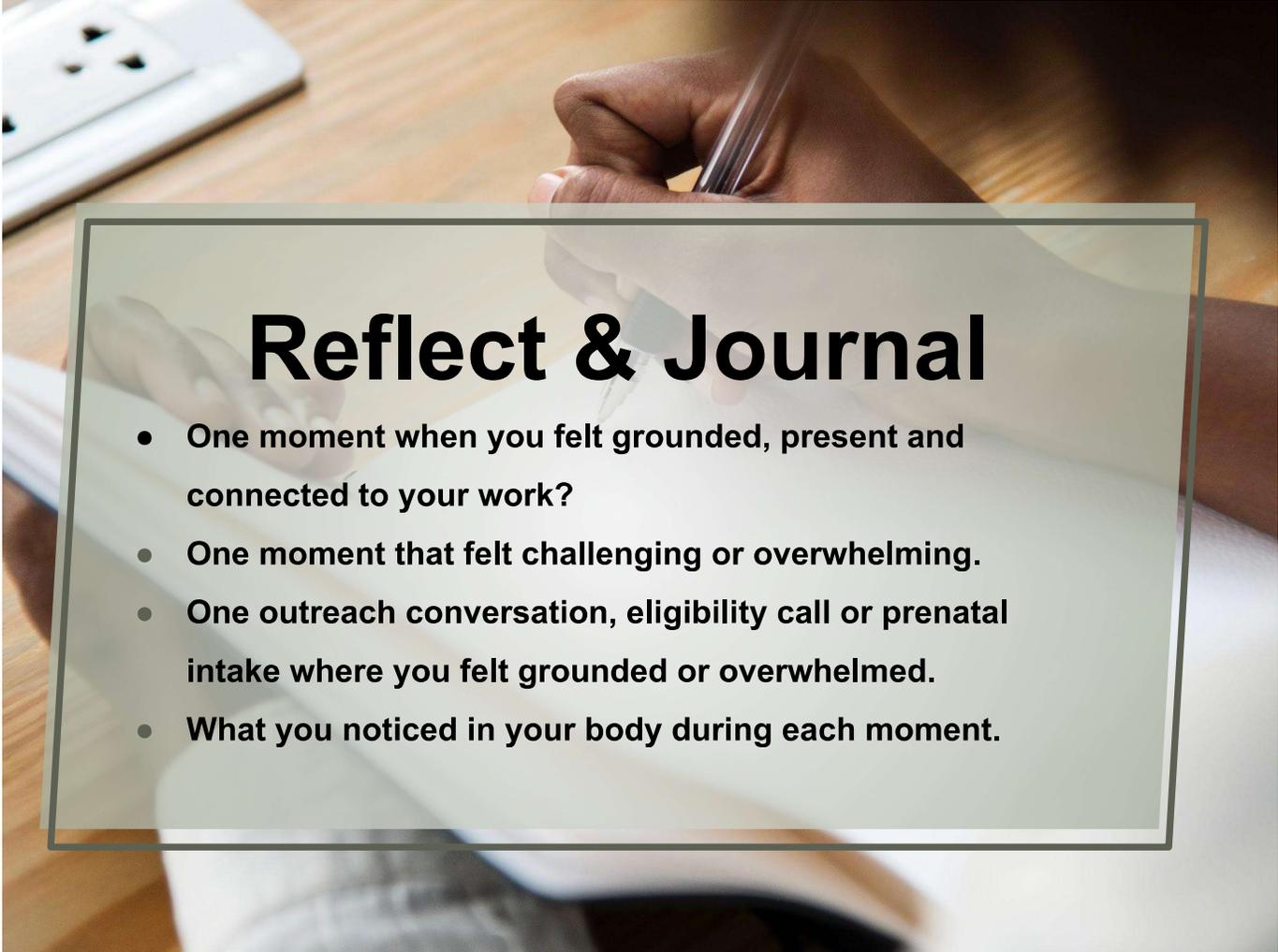


Presence Builds Trust



When you are present families feel

- Seen
- Heard
- Validated
- Safe
- Valued



Reflect & Journal

- One moment when you felt grounded, present and connected to your work?
- One moment that felt challenging or overwhelming.
- One outreach conversation, eligibility call or prenatal intake where you felt grounded or overwhelmed.
- What you noticed in your body during each moment.

Pair and Share

- **What stood out to you from your reflection?**
- **What you noticed about your body in grounded versus challenging moments?**
- **What felt different when you were present?**



Group harvest

- **What stood out from your conversations?**
- **What patterns or themes are emerging?**
- **What you noticed about grounded awareness in your work?**
- **What feels important to name or carry forward?**

Grounding Practices

Why Grounding Helps

Support regulation and steadiness

Help you stay connected and present

Bring intention into your interactions

Create safety and trust with families

Help you stay clear during complex or fast paced moments

What It Looks Like in Your Work

Taking one slow intentional breath before responding

Feeling your feet on the floor to bring your attention back to the present moment

Softening your shoulders and jaw when tension shows up

Pausing briefly before eligibility screening or intake questions

Briefly orienting yourself to the moment before transitioning to the next task or conversation

Choose one grounding practice that fits you

Pause and orient

Briefly notice where you are, what you see, and that you are safe

Slow your pace

Intentionally speak a little slower during a conversation

Body check in

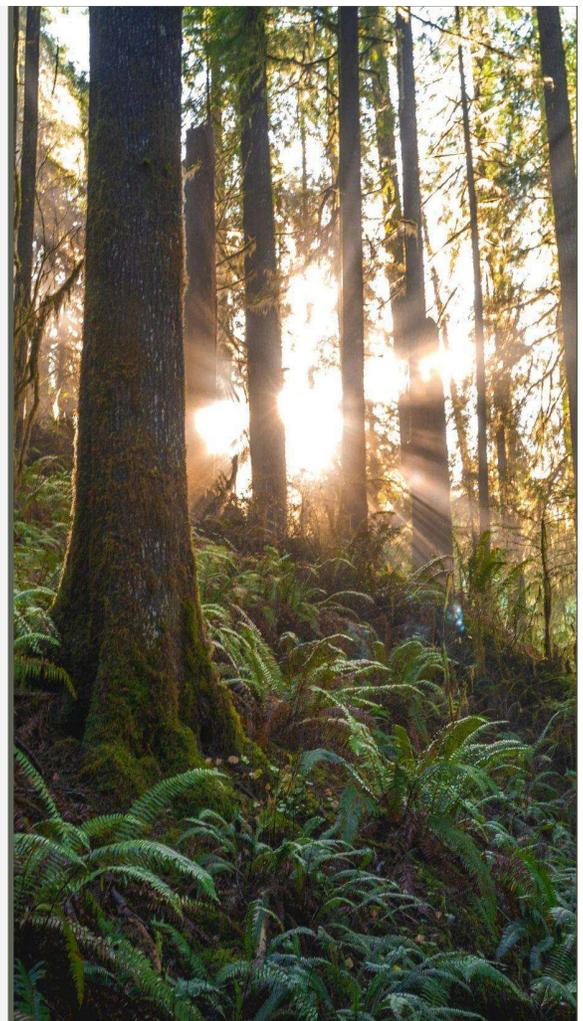
Notice tension and soften one part of your body

Purpose reminder

Quietly remind yourself why this work matters to you

Transition reset

Take a short pause between tasks or calls before moving on



Pair and Share

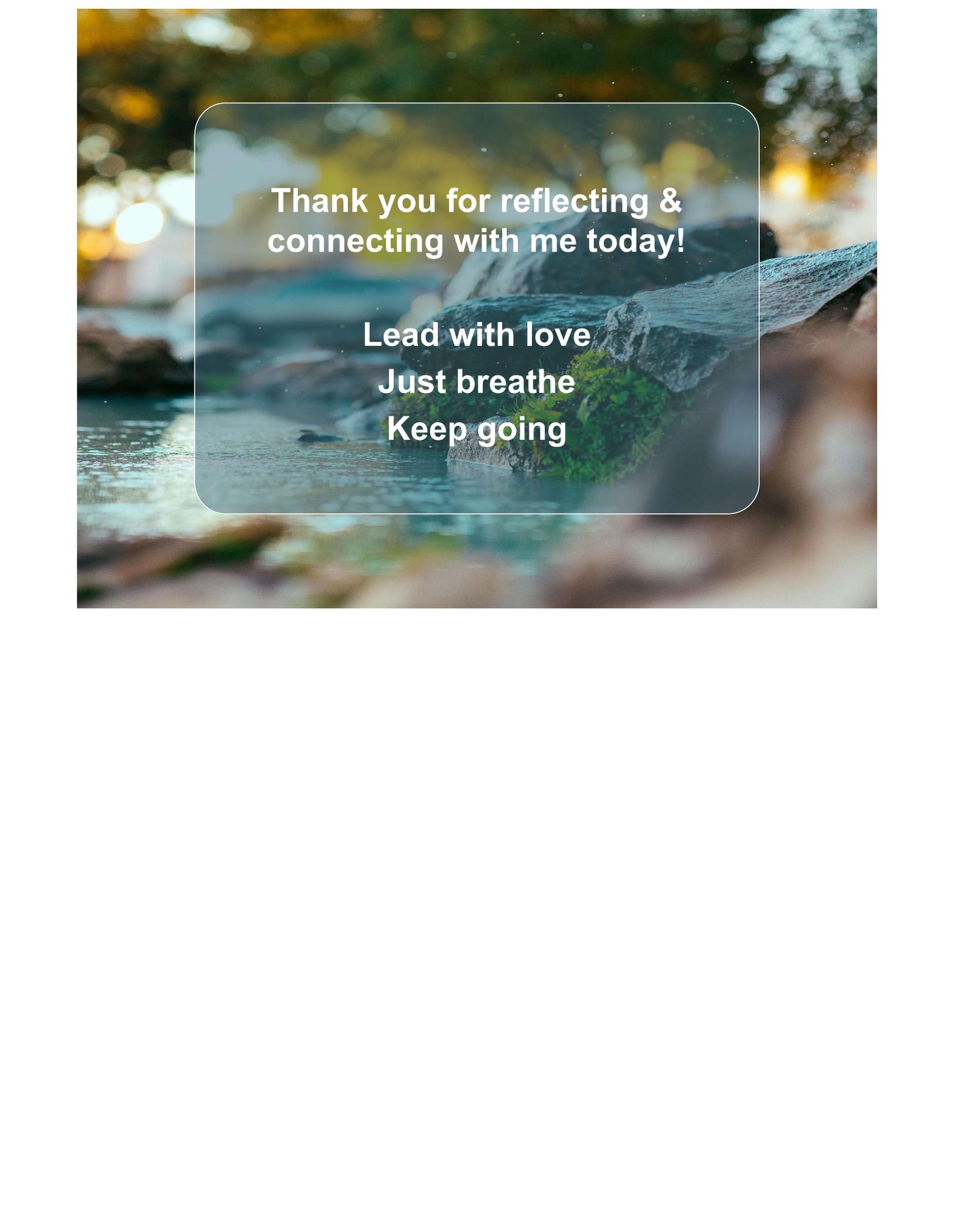


- What is the grounding practice you chose?
- What is one main takeaway you are leaving with from today?
- How does this takeaway or practice supports your work with families?

Closing check out

What word describes how you are leaving today?





**Thank you for reflecting &
connecting with me today!**

**Lead with love
Just breathe
Keep going**