**Joy 60 minutes**

\*Be sure to email the date of your presentation to [stream@nationwidechildrens.org](mailto:stream@nationwidechildrens.org)\*

Introduction: This section focuses on connecting with joy in medicine. Focusing and living your purpose improves your health. Leveraging positive colleague and patient relationships can cultivate joy. The skill for this session is reflective practice. The point of reflective practice is to ponder things that go well or things that go poorly to see how the story unfolded: How did your thoughts/feelings/behaviors influence the situation? What is something you want to make sure you do again (or not do again)? The one-hour sessions with either be on Meaning or Joy. The longer session will include both Meaning and Joy.

Objectives:

1. Connect with joy in medicine through positive relationships
2. Practice connecting with joy
3. How to continue to cultivate joy

Lesson plan:

Joy

Introduction

What is Joy

ACTIVITY: What brings you joy (4 minutes)

Relationships

ACTIVITY: Reflect on positive relationships (15 minutes)

ACTIVITY: Overcoming negativity bias (5 minutes)

How to continue

Summary

Facilitation rubric included on next page for your reference as a reminder of best practices

Logo

Description automatically generatedFacilitation Rubric

|  |  |  |
| --- | --- | --- |
| **Domain** | **Description** | **Comment** |
| **Safety** | * **Uses ground rules (rules of engagement slide) to create a safe space** * **Supports engagement with the content** * **Encourages participation in the discussion** * **Mitigates emotional size** |  |
| **Facilitation** | * **Asks thought provoking questions** * **Questions encourage interaction** * **Manages activities so there is adequate time** |  |
| **Interaction** | * **Connects with participants.** * **Listens to participants** * **Encourages all voices to be heard** |  |
| **Outcomes** | * **Provides time and space for participants to plan to apply learning** * **Encourages development of SMART goals.** |  |