** STREAM:**

 **Meaning**

we’d greatly appreciate your use of this qr code to record attendance for this HRSA funded program



**1. Why Focus on Meaning, 2, How to Focus on Meaning, 3. Stories of Meaning**

Listening sections, no need to write

**4. Reflective Practice as a Tool**

PARTNER ACTIVITY: Reflect/Pair Share

As you look back on your life, try to recall key moments or events that helped you develop a deeper understanding of your purpose.  These might be influential teachers or readings, opportunities that were offered or denied to you, doors that opened or closed, decisions you made or did not make, tough challenges or exciting realizations.

Take a few minutes to remember one of these moments.

What happened?  How did the story unfold?

What did you learn about what has meaning for you?

LARGE GROUP DEBRIEF

**5. Asking Open and Honest Questions**

PARTNER ACTIVITY: ask your partner a question to help them go deeper into meaning

**6. How to Continue this work**

In your day-to-day life, what can you do to notice the events that have meaning for you?

What are the clues that let you know you have made that connection?

Thank You

We’re so glad you could be part of this program with us today. Thank you for your

participation! Please help us out by completing this 6 question evaluation today! We’d love your input re:

 Content relevancy, DEI incorporation, interactiveness of session, facilitator effectiveness, likelihood to recommend, and an open ended section for anything you’d like to note.

You’ll receive a follow up survey in two weeks. We’d love your feedback!

 

 Extra Resources Available to You

 STREAM Resource Library

 There are extra STREAM resources and activities available for your use on our site as well.  We have more videos, worksheets, and other links that you may find beneficial.  Check them out here:

 note: these materials are available for anyone with a STREAM account

 

STREAM App

Download our app, available for free

Apple: Android:

  

Features

 -Buddy chat (anonymous capability)

 -Goal setting and tracking

 -Journaling

 -Links to extra STREAM resources on the app

 -Opportunity to provide feedback for STREAM programming

Follow us on Twitter: STREAM@elms