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# CASB Conversations: Your Social-Emotional Health



Colorado Association  
of School Boards

**CULTURES OF DIGNITY**

July 27, 2020

# CASB CONVERSATIONS WEBINAR

Using Zoom today:

- ❖ If you are having trouble logging on, text Matt at 720.838.8279.
- ❖ Please discover the CHAT button on the screen, as this is where you can communicate with us.
- ❖ Please make sure you are muted during the webinar.
- ❖ Use the blue hand, located in the Participants toolbox, to raise your hand when you have a question or comment.



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# INTRODUCTIONS

- ❖ Rosalind Wiseman, Co-Founder Cultures of Dignity and NYT bestselling author
- ❖ Charlie Kuhn, Co-Founder and CEO for Cultures of Dignity and national and international consultant on school culture & climate



# PRINCIPLES

- ❖ Dignity, the inherent worth of each of us, is our guiding principle that drives our actions and reactions to others.
- ❖ We are easy on people and hard on ideas. Even though we live in a world that likes to do the opposite.
- ❖ No one knows everything. Together we know a lot.
- ❖ We define listening as being prepared to be changed by what you hear.



*How does understanding what dignity means helpful for our members?*



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# DIGNITY

Dignity is the belief that we all have inherent worth. When it is the foundation of our relationships it is transformative because we feel recognized, acknowledged, included, and safe. We also seek to affirm those feelings in others.



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# EMOTIONS

- ❖ Emotions feel like they are happening to you
- ❖ Feelings are not facts and your brain is capable of profound change
- ❖ While emotions are “real” and no one has the right to question how we feel
- ❖ Key is to understand how emotions serve us





# EMOTIONAL HIJACKING

- ❖ When your brain feels threatened your instinctive, self-protective wiring tells you to defend yourself.
- ❖ Your brain processes physical threats and emotional threats the same way. You can feel threatened in the same as if someone hit you.
- ❖ In that moment, you don't stop and think. You just react.



*What is productive discomfort?*



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# PRODUCTIVE DISCOMFORT

- ❖ Productive Discomfort is the awareness that some discomfort is necessary in order to grow and change.
- ❖ Your comfort zone is — comfy. We are all outside of our comfort zone. Problems that seemed like problems were at least things we had dealt with in some way before. Now we don't.



# ASK

- ❖ What am I specifically feeling?
- ❖ Beyond the obvious, why does this situation feel uncomfortable?
- ❖ What are you risking if you don't try the idea/strategy on the table?
- ❖ What are you risking if you do?



# FRAMING

Remember your principles

Keep it to three

Keep it short and don't repeat

*Help me understand why...*

*This is clearly important to you...*



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# REMEMBER...

- ❖ Who is the person you can remember when you were growing up that treated people with dignity? Remember that person in your hardest moments.
- ❖ What do you want to remember from this webinar that you can take with you?





# *Questions*



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# RESOURCES

## Visit Cultures of Dignity:

- ❖ Website - <https://culturesofdignity.com>
- ❖ Email - [curious@culturesofdignity.com](mailto:curious@culturesofdignity.com)
- ❖ Tiny Guides - <store.culturesofdignity.com>
- ❖ Blog - <culturesofdignity.com/blog>





# QUESTIONS?

Visit the CASB website:

- ❖ Additional information and resources [www.casb.org](http://www.casb.org)
- ❖ COVID resources for school boards [link](#)

Can't find what you need? Contact CASB at [info@casb.org](mailto:info@casb.org) with your questions.



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