



Workshop delivered by:
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President & Founder
Sisuvantage

Inspired and Inspiring: Tap into Strengths



INSPIRED & INSPIRING

Overview of Keynote

- 1. Introductions**
- 2. What does it mean to be “Inspired & Inspiring?”**
- 3. A model for Self Assessment**
 - 1. Understand my vulnerabilities as DRP**
 - 2. Identify my strengths as DRP**
- 4. Develop a Self-Care Plan**





**What inspires us and &
what gets in the way?**



INSPIRED & INSPIRING

Comprehensive Model of Self Assessment

1. Scaffold for understanding:

- a. Dimensions of our selves
- b. Contexts in fundraising
- c. External events
- d. Our history as fundraiser

2. Guides development of a Self Care Plan

Let's Take a Look

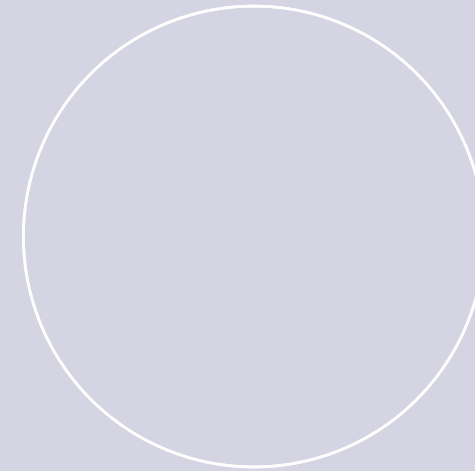




AREAS OF FUNCTION

Comprehensive Model of Self Assessment

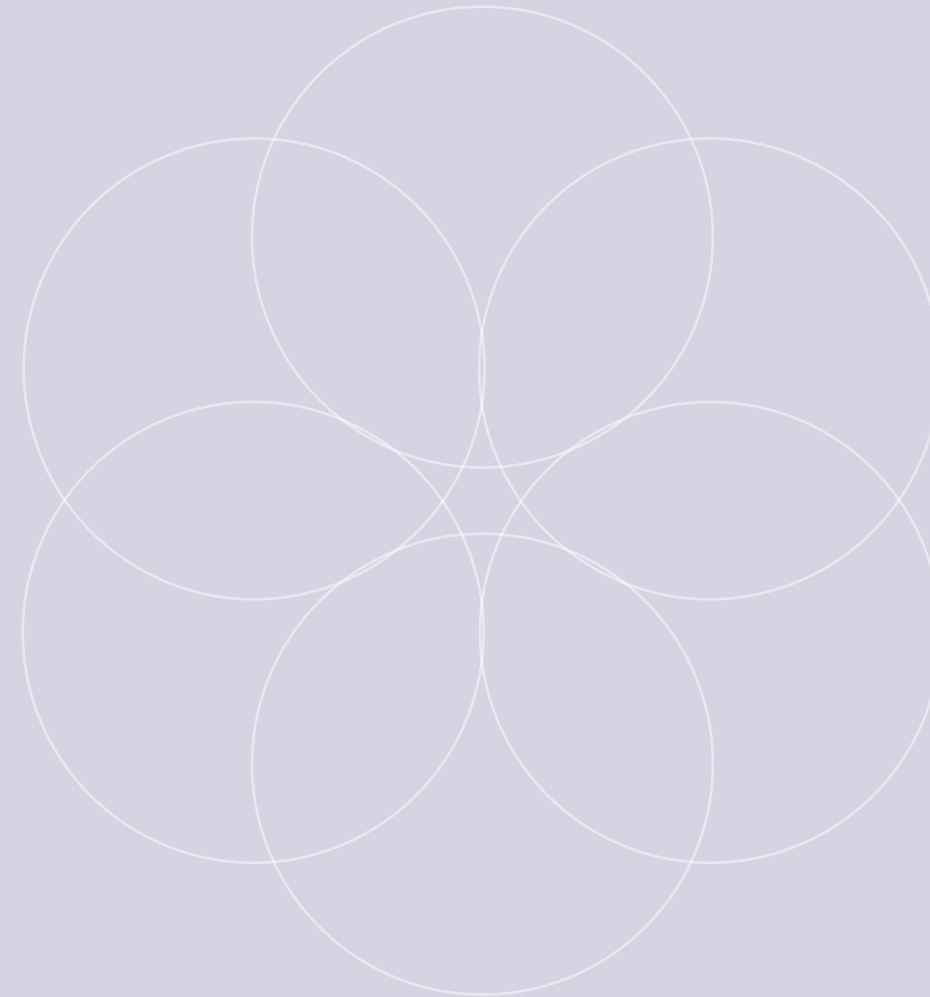
**Identify our:
Strengths &
Vulnerabilities**





AREAS OF FUNCTION

Comprehensive Model of Trauma Impact

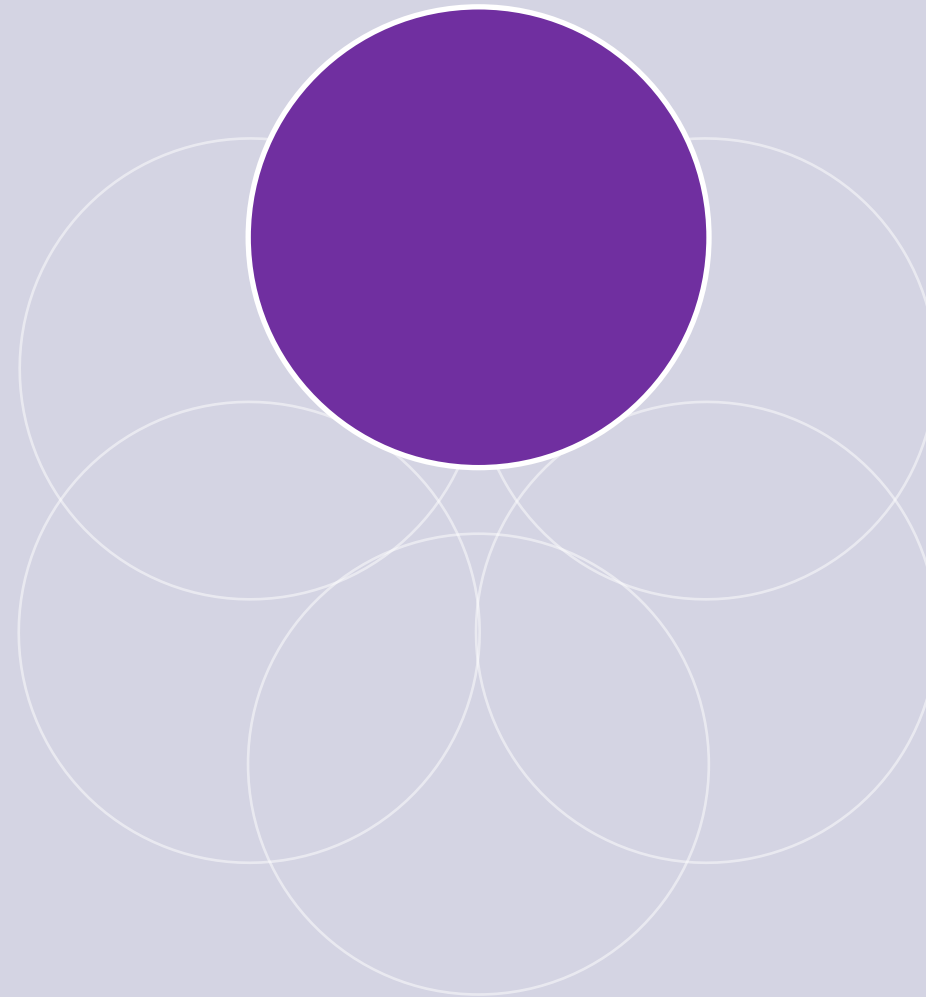




AREAS OF FUNCTION

Comprehensive Model of Self Assessment

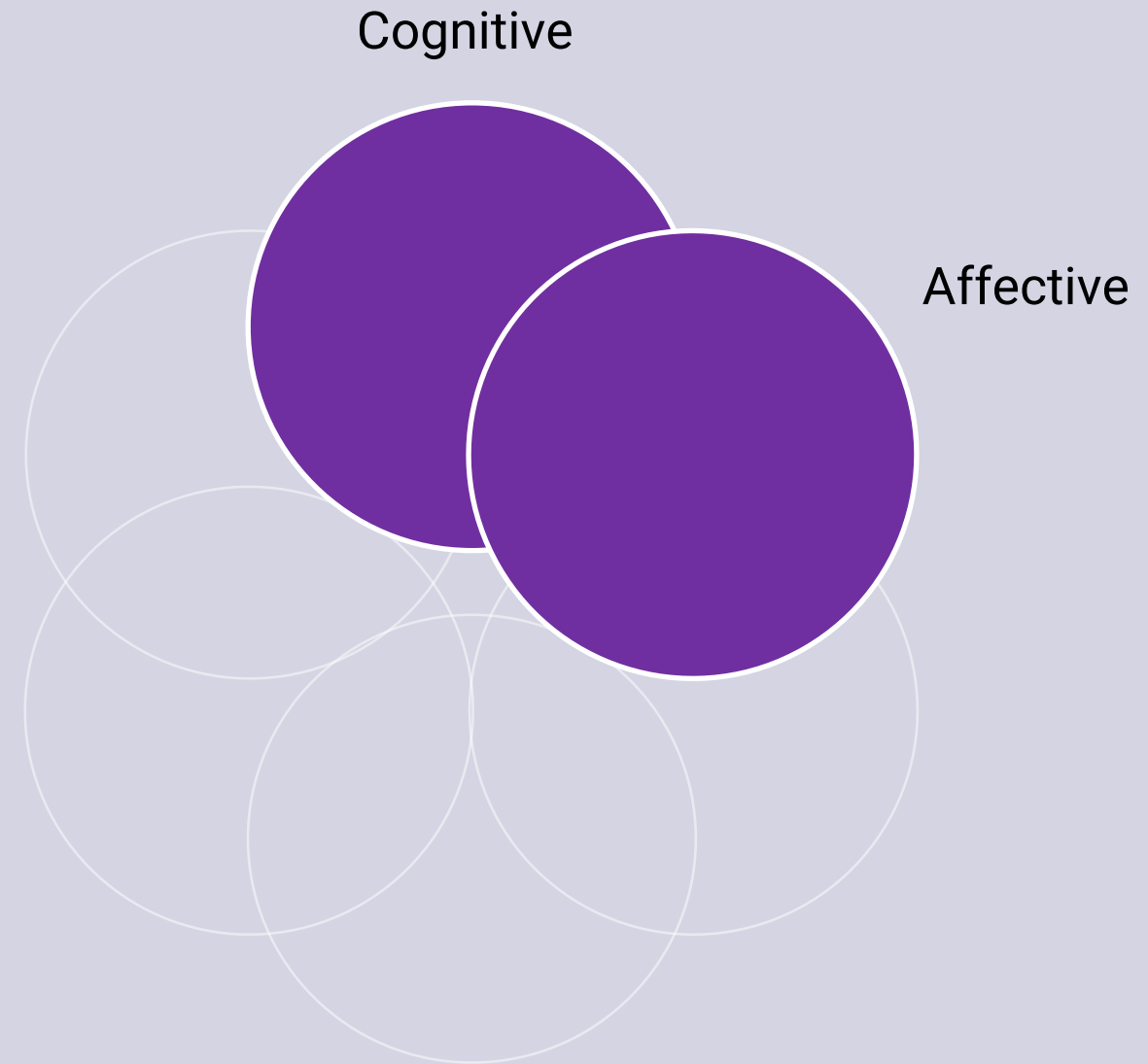
Cognitive





AREAS OF FUNCTION

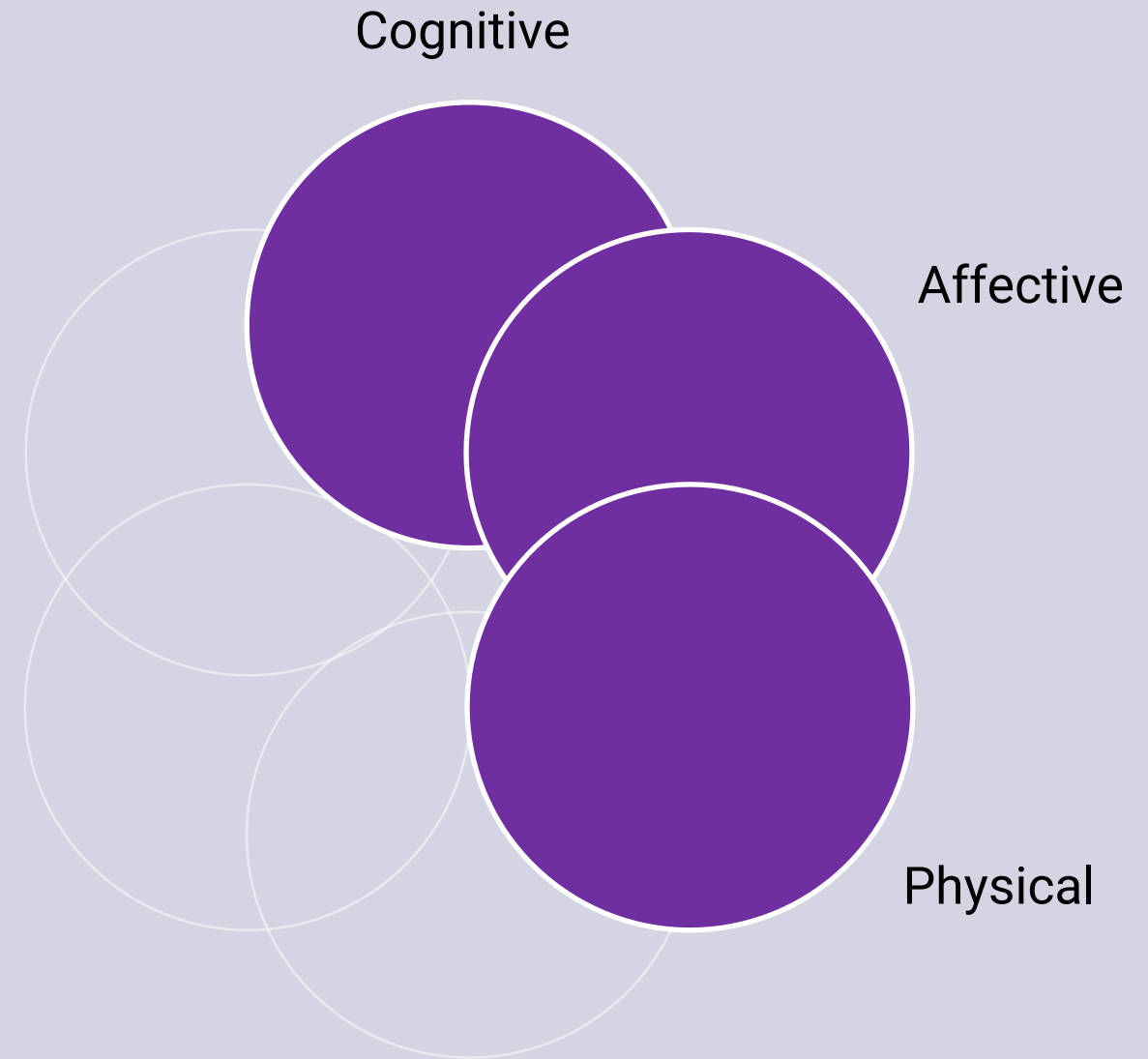
Comprehensive Model of Self Assessment





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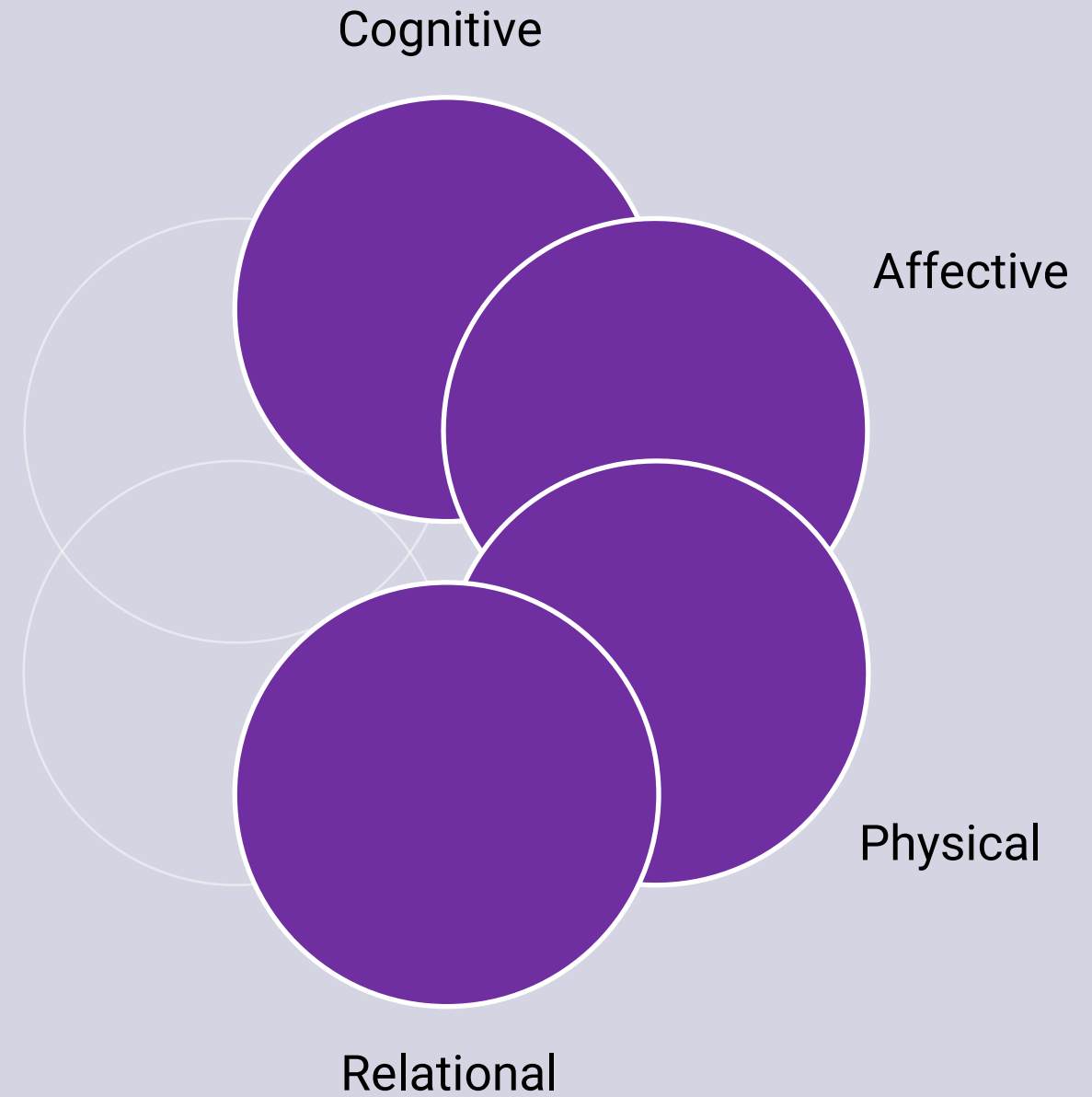
Comprehensive Model of Self Assessment





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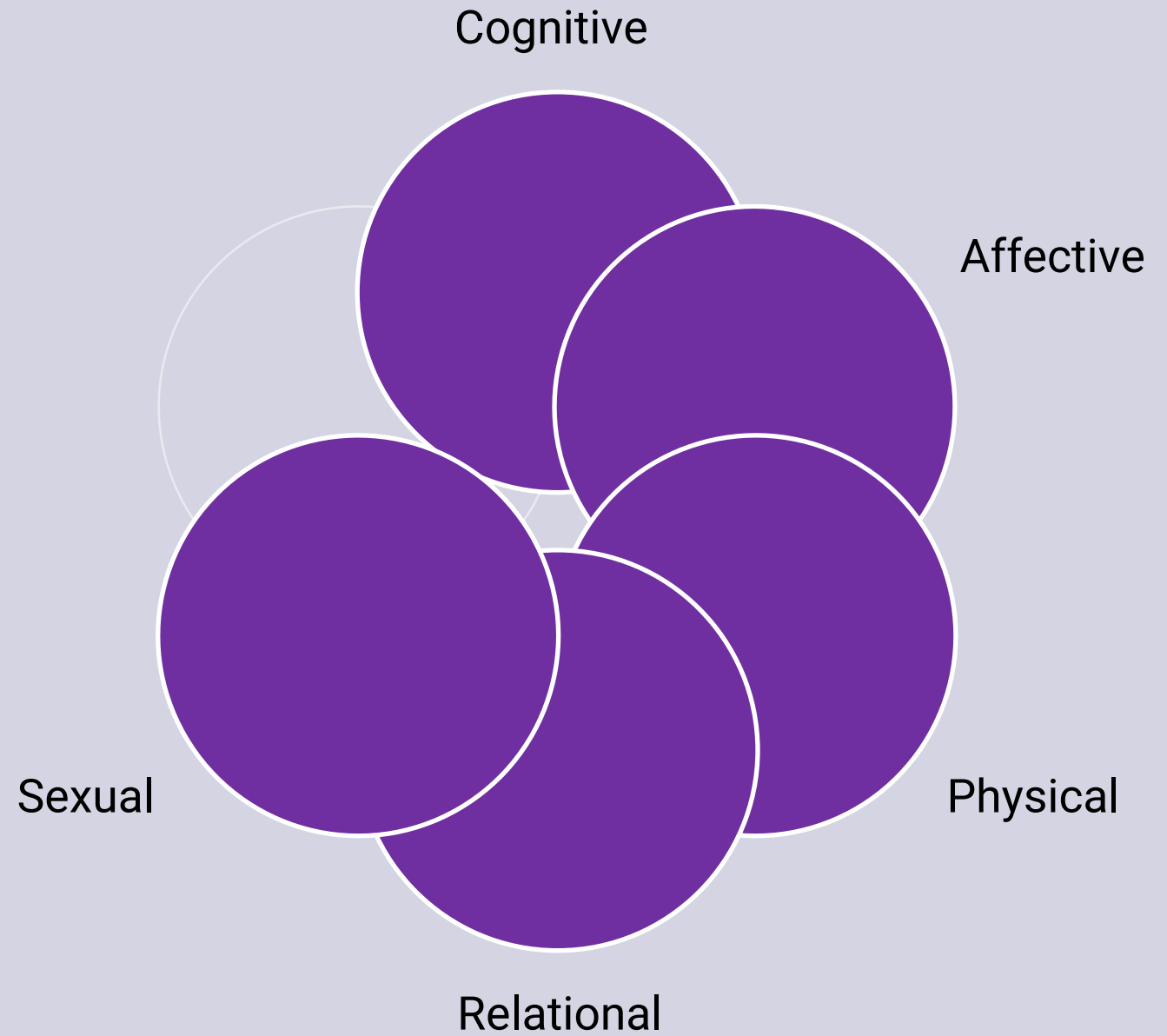
Comprehensive Model of Self Assessment





AREAS OF FUNCTION

Comprehensive Model of Self Assessment

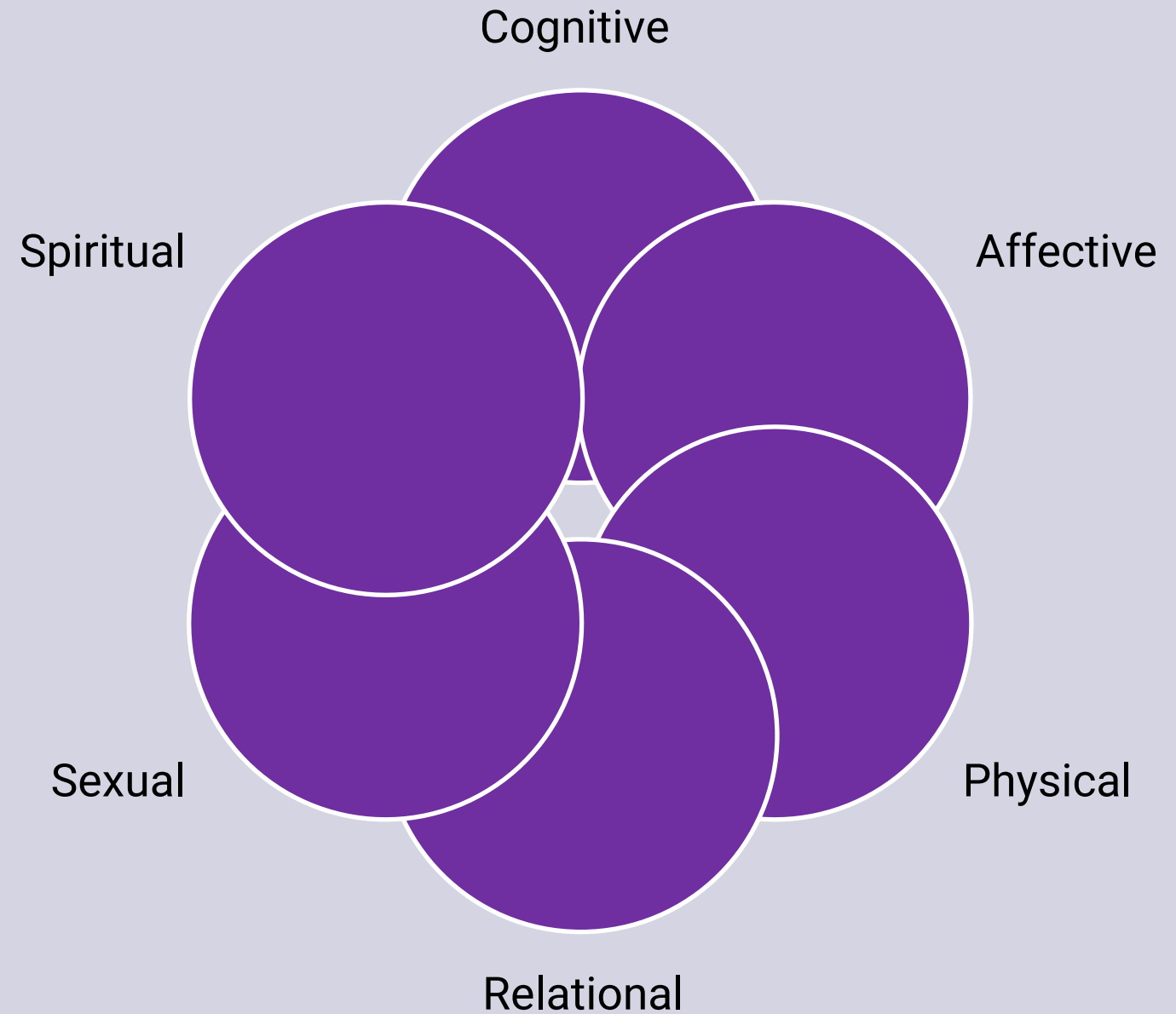




AREAS OF FUNCTION

Comprehensive Model of Self Assessment

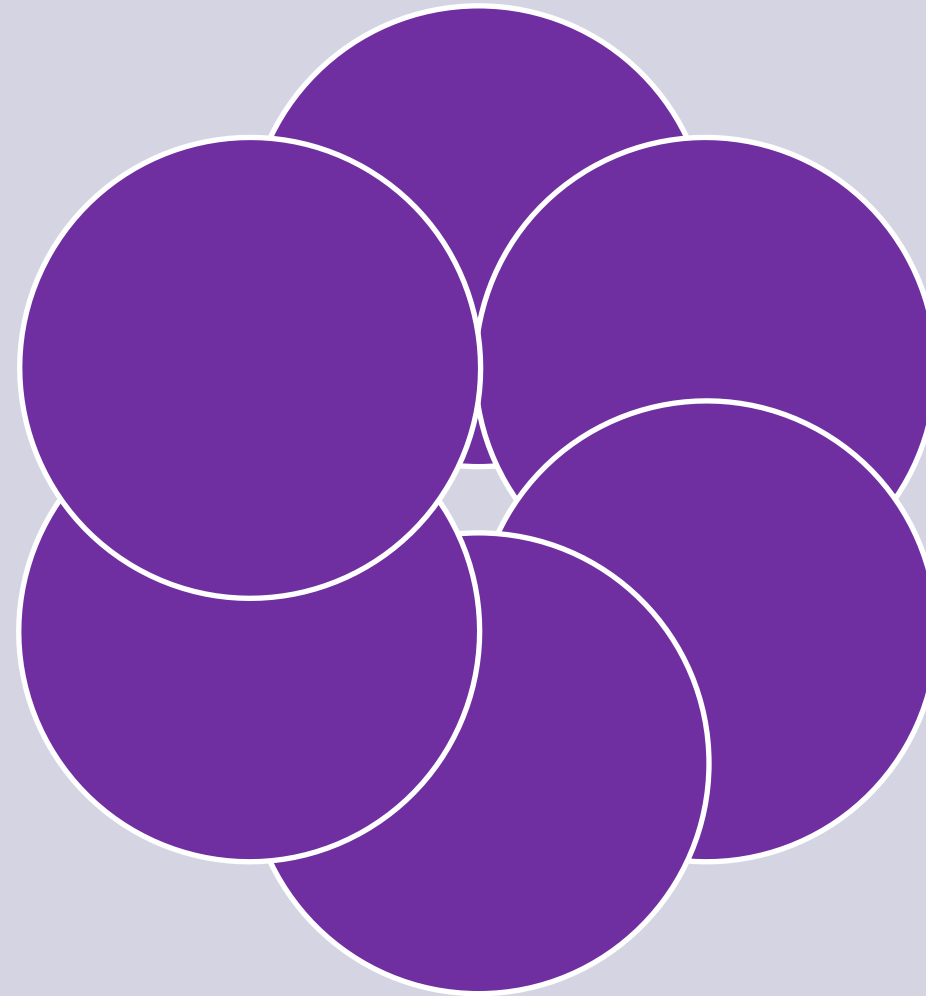
Reflect on our:
**Strengths &
Vulnerabilities**





AREAS OF FUNCTION

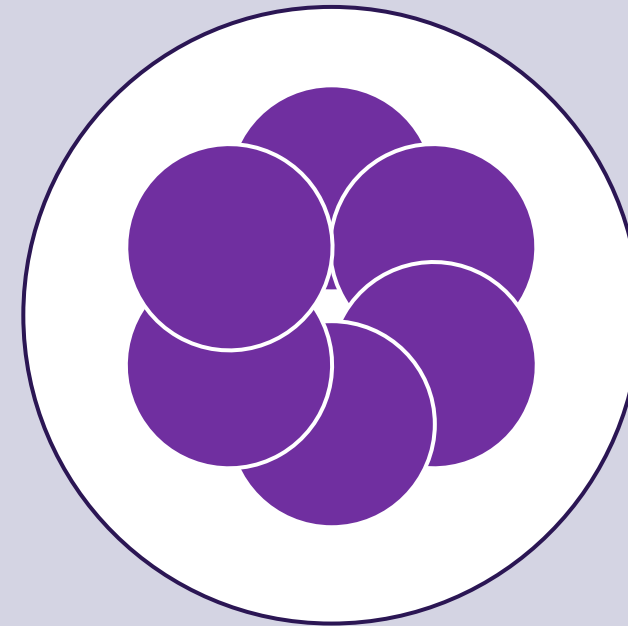
Comprehensive Model of Self Assessment





CONTEXT FUNCTION

Comprehensive Model of Self Assessment

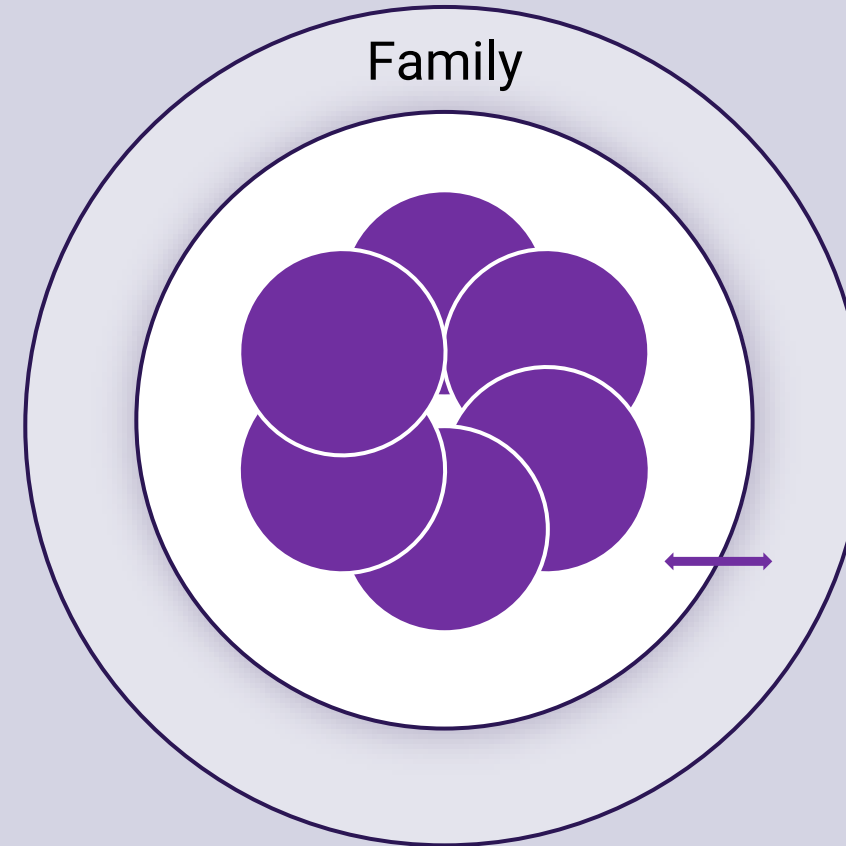




CONTEXT

Comprehensive Model of Self Assessment

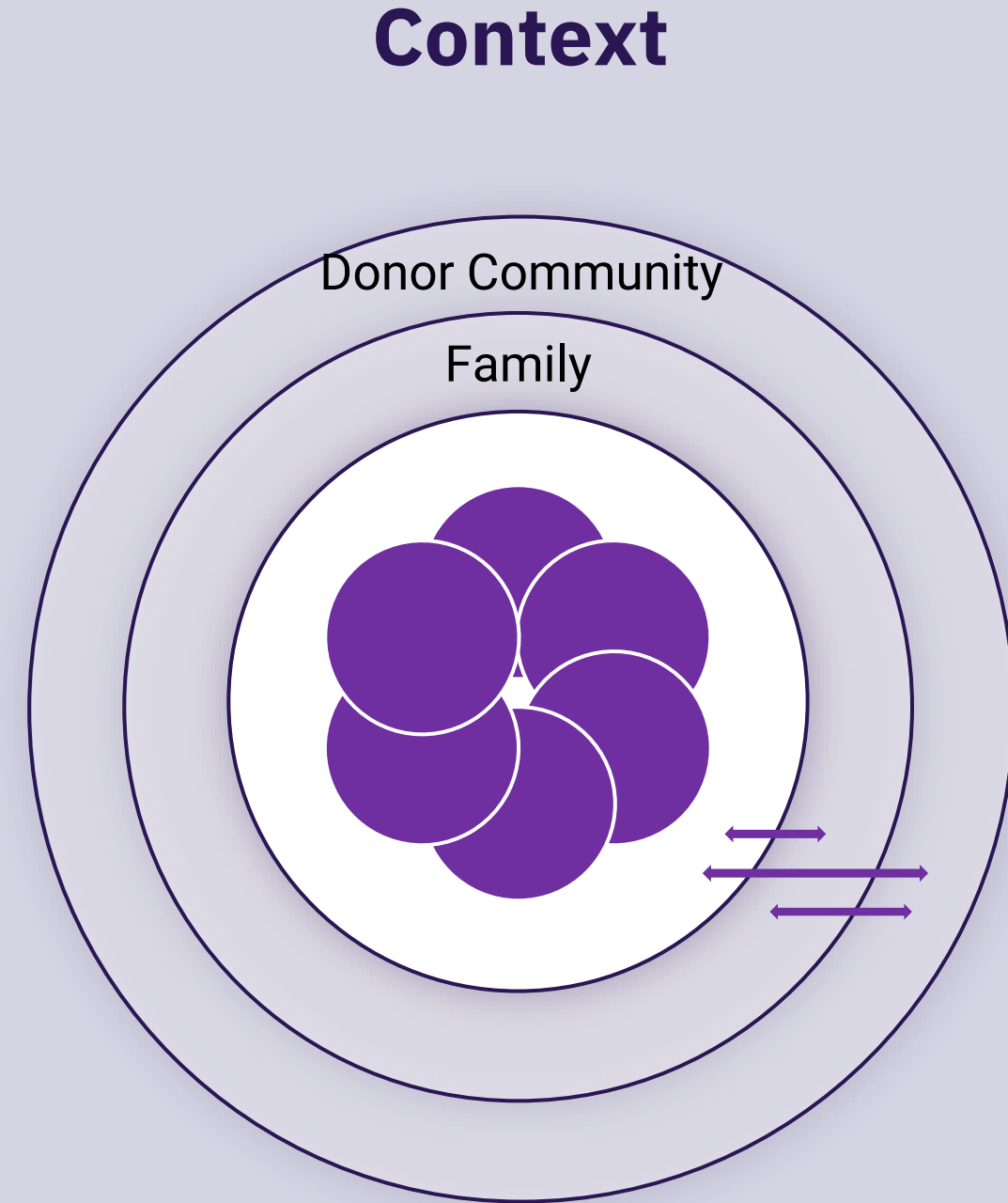
Context





CONTEXT

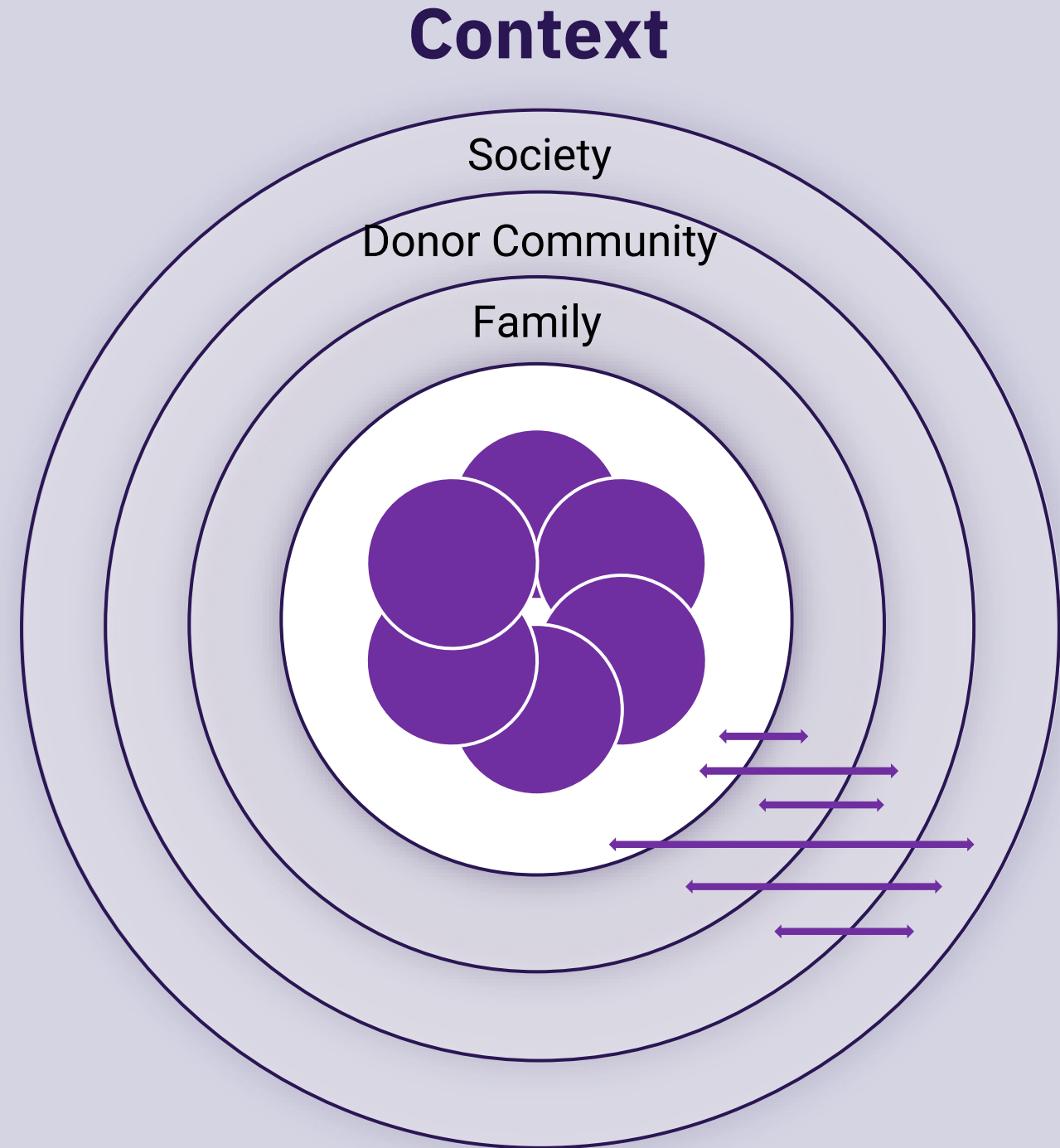
Comprehensive Model of Self Assessment





CONTEXTUAL IMPACTS

Comprehensive Model of Self Assessment

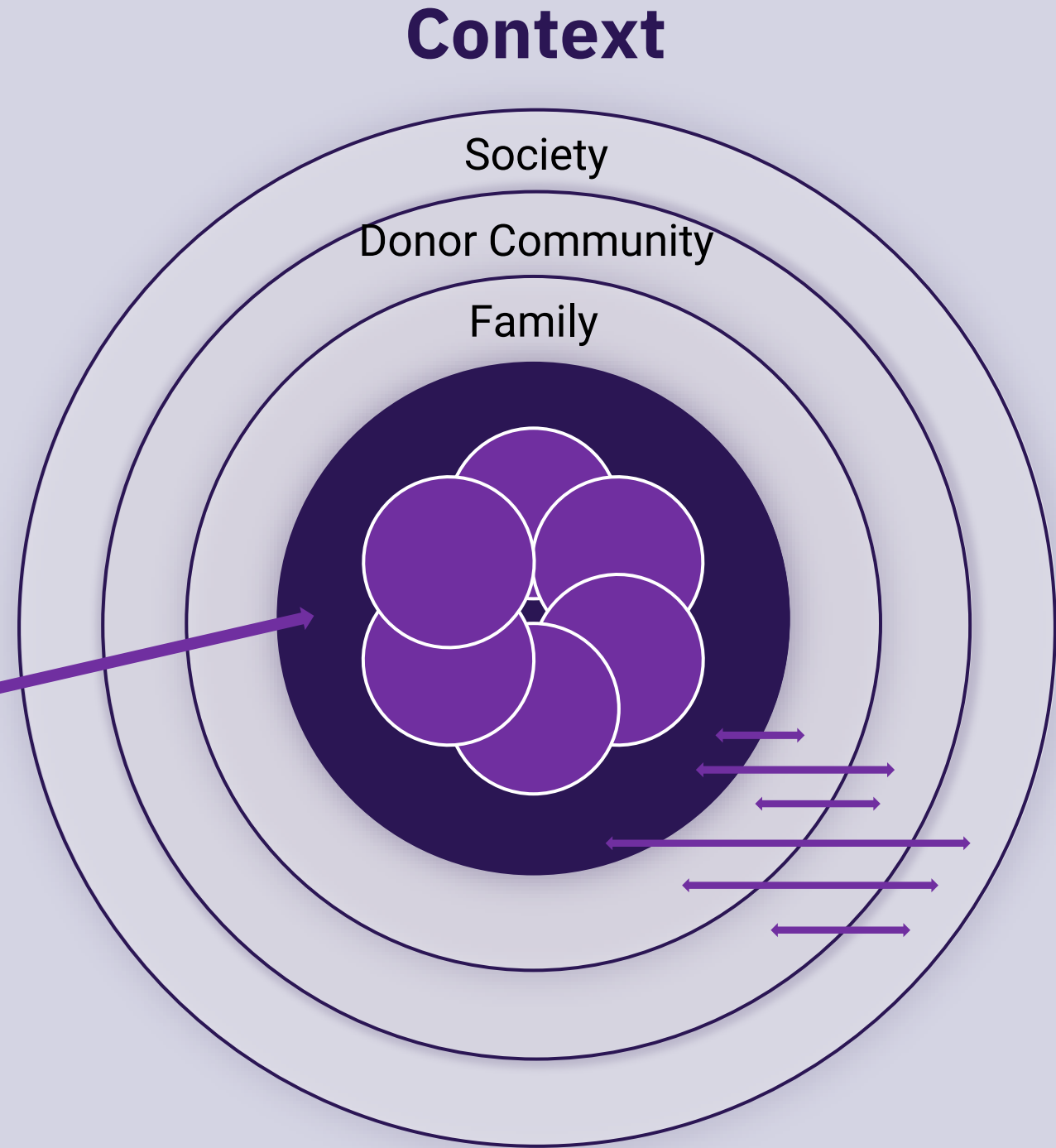




IMPACT OF EVENTS

Comprehensive Model of Self Assessment

Events/
Demands

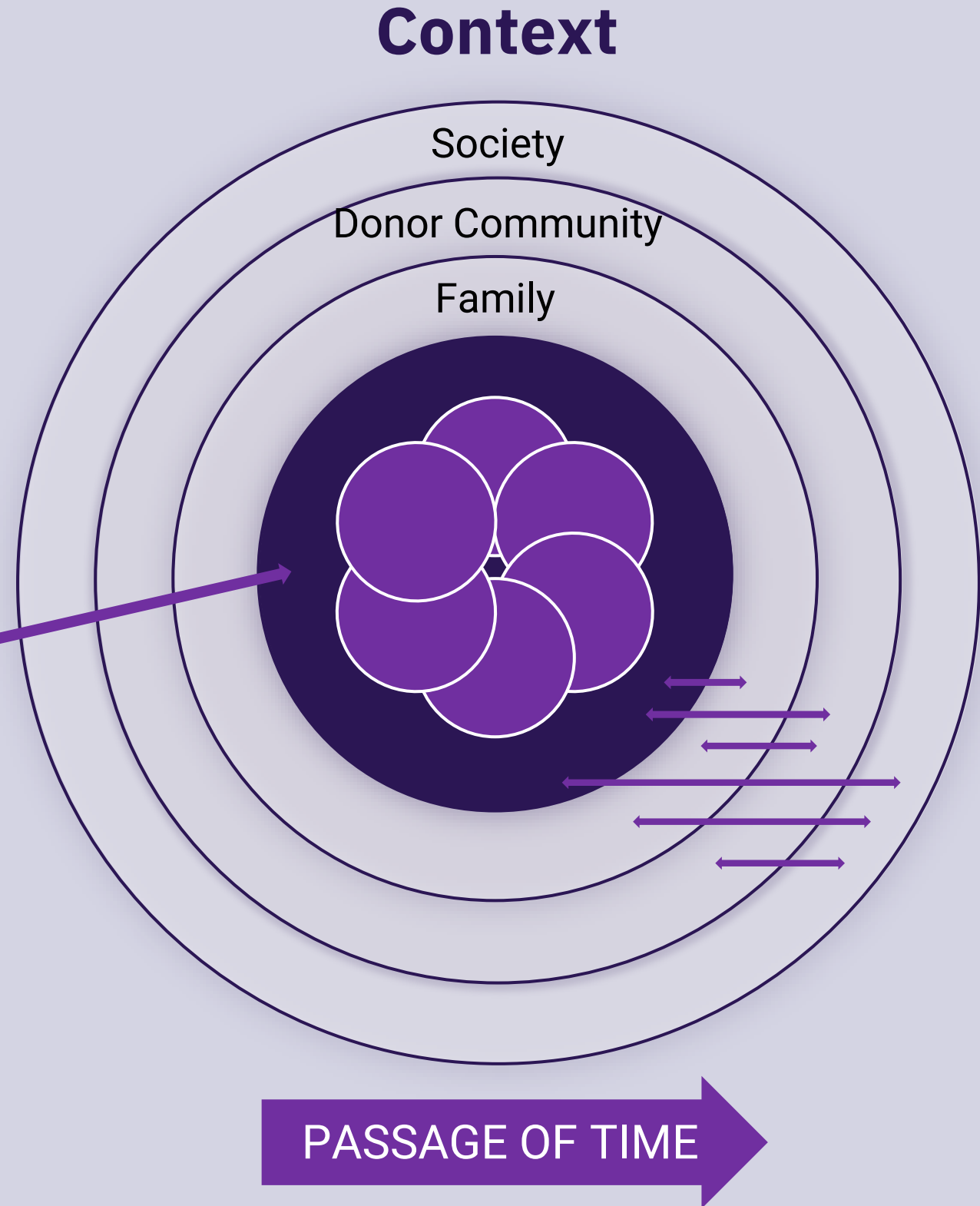




PASSAGE OF TIME

Comprehensive Model of Self Assessment

Events/
Demands





INSPIRED & INSPIRING

Develop a Self-Care Plan: To Stay Inspired & Inspiring

Areas of Function:

- Cognitive
- Affective
- Relational
- Physical
- Sexual
- Spiritual

Contexts:

- Family
- Donor Community
- Society

Events/Demands

- Positive
- Negative
- Neutral

Passage of Time

- Past
- Current
- Future



EXAMPLES

Components of Self Care Plan

Daily Strategies:

Weekly Strategies:

Monthly Strategies:

Commitment with a colleague



EXAMPLES

Components of Self Care Plan

Daily Strategies:

- Meditate
- Light a candle
- Drink water
- Sleep
- Stretch
- Play with pet

Weekly Strategies:

- Attend a spiritual service
- Yoga class/Pilates
- Art activity
- Prepare a meal
- Watch a comedy
- Engage in professional development

Monthly Strategies:

- Serve as a volunteer
- Attend an art festival
- Visit extended family

Commitment with a colleague

- Decide on a frequency and method of check-in



Daily:

Going forward to be inspired and inspiring I commit to the following self-care choices:

Weekly:

Going forward I commit to the following self-care choices:

- Cognitive
- Affective
- Relational
- Physical
- Sexual
- Spiritual

Monthly:

Going forward, every month I will commit to the following self-care choices:

I will commit to regular check-ins with my I & I prevention partner: _____.

Signed: _____ Date: _____