



# Programmatic Topics

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# Session structure

- 3 sets of discussion topics (15-20 min each)
- Discussed at tables (or virtually)
- “Musical chairs” reset for each set
- Time for insights/share out between each
- Virtual adaptation – one continuous session



# Norms

- Fully participate
  - listen actively
  - contribute
  - leave “space” in the conversation for others
- Adapt for your comfort level
  - questions are guiding
  - no recording of this session will be posted



# Set 1: adaptations – looking back

- Within my SLAA (or my position), the hardest thing faced last year was...
  - On a scale of 1 (very little) to 10 (very much), where were my stress levels around this thing?
  - What did this experience teach us/me?
  - Are there any takeaways for or reflections from tablemates?



# Share Out 1

# **Musical chairs reset 1**



## Set 2: adaptations – looking ahead

- Within my SLAA (or my position) a hard thing coming up in the next year is...
  - On a scale of 1 (very little) to 10 (very much), where are your stress levels around this thing?
  - What resources will you be drawing from to meet this challenge?
  - What resources can you offer your tablemates to help with their experiences?



# Share Out 2

# **Musical chairs reset 2**



## Set 3: SWOT lite

- What kinds of Opportunities or Threats are presenting themselves as you carry out the LSTA program?

Strengths

Weaknesses

Opportunities

Threats

- On a scale of 1 (very little) to 10 (very much), where are your stress levels around these opportunities/threats?
- What kind of resources do you or your tablemates have to mitigate the threats and take advantage of the opportunities?



# Share Out 3