



DECREASING SOCIAL ISOLATION AMONG NURSE PRACTITIONERS

WHY PARTICIPATE?

- Clinicians meet fellow conference attendee peers
- Experience calmness and peace
- Find a safe space to network and share thoughts

ON YOUR MARK!

RULES: A SAFE SPACE TO SHARE

1. All answers are acceptable
2. One minute rule
 - avoid dominating the conversation
3. Passing your turn is an option
4. Respectfully listen to others
5. Confidentiality is mandatory

GET SET!

FORM GROUPS OF 4-8 PEOPLE!

- If there are fewer than 4 people at a table, split to other tables. 4 in a group is ok
- No more than 8 in a group.
 - If there are more than 8 people, check nearby tables to see if they need people.
- Choose a leader from the group (easy job)

HERE WE GO!

STEP 1 (PART 1)

- Starting with the leader- go around the circle and
 - **say your name** and
 - **where you are from**, and
 - **whether you already know** any of your group members.
- I will start, and then give you a few minutes for your groups.

STEP 1 (PART 2)

Guided MEDITATION - I will lead the meditation. (2 minutes)

Let's start by settling into our circle and leaving anything that is a distraction at the door. We'll take a break from our activity and relax into the next few minutes.

STEP 2 - ICEBREAKER

- In your small group, **beginning with the leader**, state

If the ice cream truck was here, which frozen treat would you choose for yourself?

- I would choose: a bomb-pop! Now, your turn. I will give you a few minutes.

MAIN THEME

- *Today we will discuss interactions between NPs and their patients*
- Discuss the reading by responding to the following questions, starting with the leader. Go around the circle for each question. (So, 3 rounds)

1. What specialty do you think the author works in in?

2. What is the hardest thing for you in your professional life?

3. How could you apply today's discussion to your professional life?

- After all members have answered , follow-up questions or additional comments may be shared if time allows.

Why I Take My Time

Every moment is so precious
because we never know
what someone's next steps
will be and whether
we'll get another chance
to listen to them again.

This is why I take my time
with patients. It can be
a while before they tell me
how they really feel,
but the connection you make
is immeasurable
and I believe that this
can help people heal.

CLOSING

- *When it's your turn, look to the person on your left and pass them **a delicious dessert**.*
- ***Using the first name person on your left, say:, “my dessert for you is _____”***
- *The group leader will go first in each group, and pass to the left.*
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THANK YOU AND HAVE A PEACH COBBLER KIND OF DAY!

- Questions?
- Resources
 - <https://sites.google.com/schoolcraftcs.org/restorativepractices/circles/circle-questions>
 - https://coredocs.s3.amazonaws.com/documents/asset/uploaded_file/2556/SPS/2070012/135_Community_Building_Questions.pdf
 - Circletalk website: <https://circletalk.org/>