



HONORING RESILIENCE

a presentation by Tanaya Winder
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HELLO!

I AM
Tanaya Winder



OVERVIEW

Tap into your strength by being reminded of how powerful you are when you combine your purpose with passion. This webinar will focus on the importance of storytelling as a tool to re-member, put ourselves back together, and transform through our resiliency. As we begin a new year, let's participate in some reflective writing activities that help us learn how to continue honoring our resilience through empathy, compassion, respect, reciprocity, and love.

- ▶ Discover how to transform themselves through resiliency.
- ▶ Create writing passages to help cope with compassion and respect.



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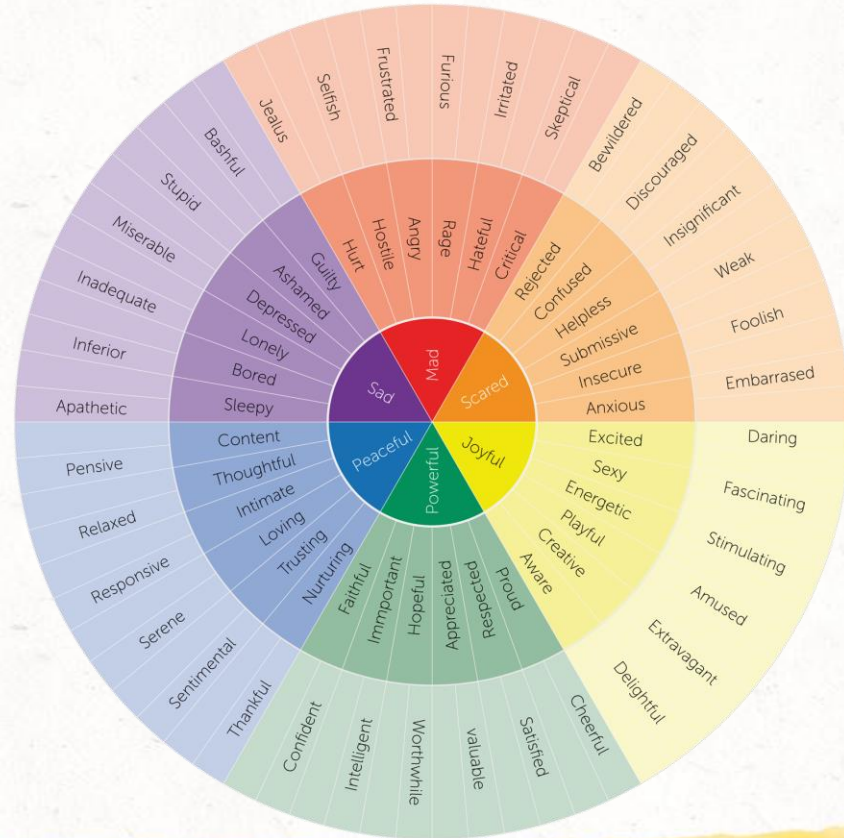
GROUNDING EXERCISE

Let's get grounded!

CHECK IN

DROP INTO THE CHAT

- Drop into the chat what you're feeling
- It could be anything that you're feeling, even if it's not about the presentation, just how you're feeling in your life, how you're feeling being here today, anything that comes to mind.



STRETCHING



WHAT DOES RESILIENCE MEAN TO YOU?

DROP INTO THE CHAT!

- What does resilience mean?
- What traits does a resilient person have?

BRAVE(R) WRITING

Take a moment to jot down what makes **YOU** strong and resilient; what's your inner strength? That is your magic! Write it down as a reminder to yourself to use your beautiful powers no matter what life brings you.



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**THE SHORTEST DISTANCE BETWEEN
TWO PEOPLE IS A STORY**



THE STONE MOTHER

Pyramid Lake Paiute Reservation, NV



Igniting Your Fire

**WHAT IS THE SOURCE OF YOUR FIRE? HOW ARE YOU
REFLECTING OR IGNITING YOUR FIRE?**

“

*Don't shrink. Don't puff up.
Stand your sacred ground.”*

- Brené
Brown

HONORING OUR VESSELS

Social

Physical

Environmental

Mental

Emotional

Spiritual

FEEDING OURSELVES

HOW DO YOU SHOW UP IN YOUR LIFE?

Write about a time where you gave yourself exactly what you needed. A time where you felt empowered. A time where you listened to what your mind, body, spirit, etc., was telling you.



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GROUNDING EXERCISE

Closing the circle.

THANKS!

any
questions
?



You can find me on social media at @tanayawinder
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EXTRA RESOURCES

