

SLIDE 1:

Making The Barriers Bearable (Beautiful)

Resilience For Returning Citizens

Maryland Rehabilitation Conference

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Slide 2

Quote Of The Day

One of the most courageous things you can do is identify yourself, know who you are, what you believe in, and where you want to go.
– Sheila Murray Bethel

Slide 3

2nd Quote Of The Day

“Offer yourselves in service to the world. Cultivate a posture to walk straight into your not-knowing, and take the risk of failing and failing, again and again, then getting up to learn again and again.”
- Parker Palmer, Author

Slide 4

Main Points

- Barriers are real. You are denied everything that you need to be sustainable.
- Positive Social Support Network

Slide 5

The Truth Shall Set You Free

Who am I?

- Knowing yourself is the key, both the light and the dark.

- Sharing it allows you to fill in the script that otherwise would be filled in for you.

Slide 6

My Story

- Became one of my stories
- Have you ever made a mistake that you will regret for the rest of your life?

Slide 7

How Do You See Yourself?

How Do You Want Others To See You?

Slide 8

What's in Your Box?

- Emotions
- Friends
- Opinions
- Personality
- Values
- Success
- Dreams
- Visions
- Mistakes
- Judgments
- Customs
- Beliefs
- Identity
- Secrets
- Assumptions
- Knowledge

- Experiences
- Ideas
- Stories
- Skills
- Education
- Jobs
- Ethics
- Habits
- Creativity

Slide 9

Real Talk

- It is challenging!
- It is not the end!
- Keep going until you find the receptive ear.
- Resiliency Bears
- Everyone's pace is different.
- Know your strengths/gifts.
- Keep showing up and sharing!

Slide 10

Summary

- Confidence with humility
- Persistence
- Patience
- Prayer/Meditation
- Surround yourself with people that support you!