

RESILIENCY

Resiliency In The Moment: What's Your Favorite Childhood Story?



“It is in community that our stories are held up to the light of connection and we begin to see clearly how we are having a shared experience of being human with other humans...”

- Sonya Renee Taylor

Share Your Story.

1. Create space this week to have a conversation with someone not on your team.
2. In your conversation share, "The title of my favorite childhood story is _____ and in one sentence here's why: _____. What is yours?"
3. Share an insight from the similarities and differences you see in your stories.

Folktales, storybooks, legends – stories from our childhood give insight into our personalities and our diverse backgrounds. Learning more about each other provides a sense of belonging by celebrating both our similarities and differences.

See this activity as a leader-led group activity: resiliency.bjclearn.org/leader.html

View Diversity Week Events: www.BJC.org/DiversityWeek

View additional ways to THRIVE: thrivebybjc.org

Visit thrivebybjc.org for your employee well-being resources at BJC

Need more help? Employee assistance is available at bjceap.com or (314) 747-7490