

 **TRAINER** — Keep this slide visible during Activity 1 (Welcome & Warm-up)

## Ground Rules

- ✓ Speak in plain language
- ✓ One voice at a time
- ✓ Respect each other's time
- ✓ You can always pass
- ✓ Confidentiality is respected

## Warm-up question

*Choose one:*

*"One strength I bring to my caregiving role."*

*"One situation in care work that challenges me."*

 **TRAINER** — Share this screen during Activity 2. Type participant contributions into the boxes below.

## Our Strengths Wall

*Share one word or phrase about a strength you bring to your caring role. Your trainer will add it below.*

1 *click to type →*

2 *click to type →*

3 *click to type →*

4 *click to type →*

5 *click to type →*

6 *click to type →*

7 *click to type →*

8 *click to type →*



**TRAINER** — Share this screen during Activity 3. Type the supports the group shares into the boxes. Aim for 3–5 themes.



## What Supports Us in Our Role

*What support helps you collaborate or feel more sustained in your role? Share one idea. Your trainer will collect the key themes.*

Theme 1

*click to type →*

Theme 2

*click to type →*

Theme 3

*click to type →*

Theme 4

*click to type →*

Theme 5

*click to type →*

*Save this file after the session to keep a record of group contributions.*