

 **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.