

# OXYGEN

## WELLNESS BLOCK TRAINING



**STRONGER  
FAMILIES**

## MANAGING LIFE'S ONGOING TRANSITIONS

**What areas of our lives are impacted the most when facing transitions in life? What strengths can we rely on to navigate transitions?**

### Facilitator Guide

#### Pre-Event Check List:

- Make sure everyone has a Study Guide from Stronger Families.
- Check your Tech: Computer, Slide Deck, Audio, Music, etc.
- Greet participants as they arrive

#### Facilitation Insight:

*Deeper ideas for the Facilitator to consider.*

*EX "After doing this exercise, many couples will need a break from the tension. Sharing a humorous story or a time that you attempted this activity when it didn't go as planned can be a big tension relief!"*

#### Instruction:

*Specific instructions for the Facilitator. EX "Advance to the next slide and ask the following question"*

#### Script:

*"This is language the Facilitator may consider using to make sure all essential elements of the curriculum are covered."*

Put up the Title Slide as the students are arriving. Make sure that you greet them, introduce yourself (if you don't already know them, ask about their day so far, how their shift is going, anything that will begin to form a connection.



Display the Heroes At Home Podcast Slide." and include the attached thumbnail image from the slide deck.



"Welcome to today's Training. We will be using the Study Guide from Stronger Families on the topic of Transition. Stronger Families is an organization firmly committed to supporting military and first responder personnel develop healthy relationships on the job and at home. They provide curriculum and instructional resources available through live events like this one, and online. They have recently launched a brand new podcast entitled Heroes at Home. This podcast addresses many of the issues that face service men and women when it comes to stewarding relationships well while also managing a career in the public service. Scan the QR code to find out more!

For those of you who don't know, my name is \_\_\_\_\_.

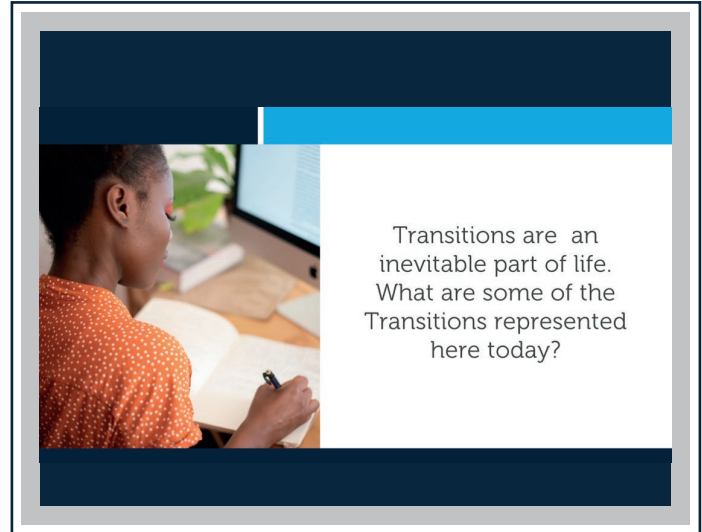
Advance to your family picture slide (optional to form connection with students)

"Today's topic is one that impacts everyone. Transitions are an inevitable part of life. As we interact with community members, co-workers, children, partners, other family members, etc., recognizing the impact times of transition can have will increases the likelihood of a successful transition period. This takes time. It takes practice. In this class, not only will you learn about some truly effective tools, but you will also practice them. Don't worry! We will not force you to say or do anything you are uncomfortable with; however, you will get out of this what you put into it."

"In this Training we will explore the 3 areas of transition: the stages of transition (Ending, Neutral Zone, and New Beginning), The Wheel of a Life in Transition (areas of our lives that are impacted by the transition we face), and traits we can rely on to serve us through transition (Personal Strengths). We will also focus on one area of life to improve upon in light of our transition."

For some, knowing what to expect will put their mind at ease and allow them to engage with less anxiety. This is an important part of the process, don't skip it!

Advance to the Slide "Transitions are inevitable..."



"We all experience transitions from the time we are born until the time we die. Can you list some common life transitions?"

Lead the group through the 3 questions found in their Study Guide eventually arriving at a specific transition they are currently facing.

Most likely, everyone in the class is experiencing a transition but it may be hard for them to recognize it. This is a perfect opportunity to share the Stages of Transition. Students will often focus only on the Ending of a season when thinking about a transition, but the New Beginning and Neutral Zone can be just as disruptive. A personal story of a transition you have managed can help students identify their own transitions.

"Now that each of you have a transition in mind, we are going to evaluate which areas of your life is most impacted by the transition you've identified."

Advance to the Wheel of a Life in Transition Slide



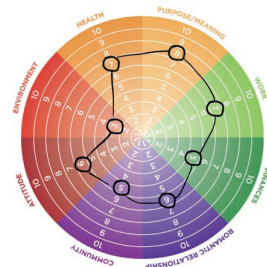
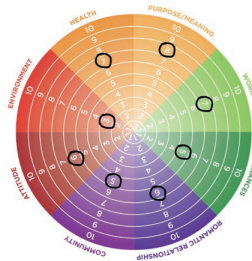
"There are 8 spokes that make up the Wheel. Each spoke represents an area of your life that could be impacted by the transition you are facing. You will have an opportunity to rate your level of satisfaction with each spoke of the wheel in a few minutes, but first let's define each spoke."

*Advance to the Spokes Defined slide and talk through each spoke.*

1. **Purpose/meaning** – what you wake up for every day
2. **Work** – how you support yourself and others
3. **Finances** – how much compensation you receive for your work
4. **Relationship/significant other** – level of intimacy, quality of communication, mutual support and encouragement
5. **Community** – friends/family, those whom you go to for support and comradery
6. **Attitude** – the tone of your thoughts toward the future, the present, and the past
7. **Environment** – physical location, pace of community, lifestyle of surrounding community
8. **Health** – physical, emotional, mental, and spiritual

"Take a few minutes to fill in the wheel in your handout. With your transition in mind, rate your **current** level of satisfaction, not what you've felt in the past or what you aspire to. Once you've marked your wheel, connect the dots forming a new shape."

*Give participants a few minutes to complete their evaluation of the Wheel as it relates to their transition. When everyone is finished, continue exploring the new shape that has been created on their wheels.*



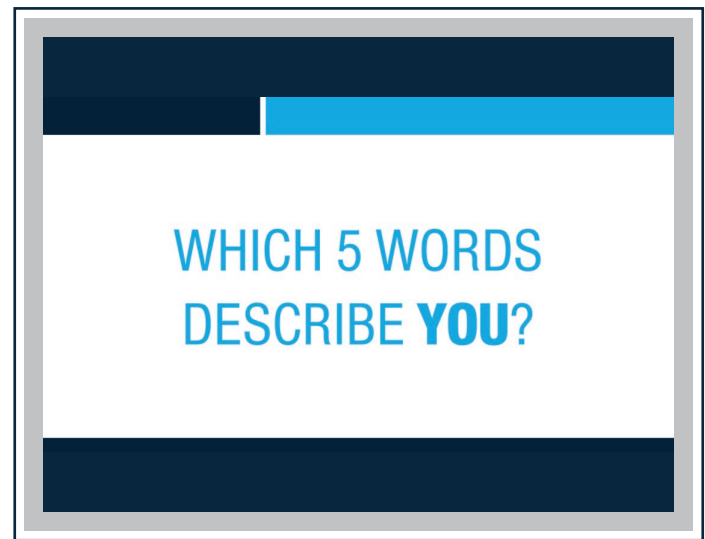
"Look at the shape of your wheel. For most of us, the new shape is anything but round! When the spokes on the wheel aren't equal, the ride is bumpy or not manageable, but a more balanced wheel is a smoother ride. That's not to say that all scores need to be equal, but if one area is especially low, it makes a significant difference in the shape of the wheel and your quality of life.

Now that you've marked your current scores, take a few moments to consider what your **ideal** scores would be for each spoke. Stay realistic. Mark your ideal scores on the wheel in a different color and connect the dots forming a slightly different shape. See how the two shapes compare. This will show you where attention is needed in the coming months."

*Give students 3-5 minutes to mark their ideal scores.*

"Each of us is uniquely equipped with skills, traits, and strengths that we utilize on a regular basis. When facing periods of transition, the anticipated changes can leave us feeling uncertain of how we will be able to manage the new normal. This next exercise provides an opportunity to explore our strengths and adapt them to work for us during the transition we are facing."

*Advance to the "Which Words Describe You?" slide.*



"When you joined the Military, you likely discovered strengths that you weren't aware of before. Maybe you honed your skills to excel in a specific role in your department. Either way, you contributed to your department and made an impact through your unique blend of strengths. Let's look at how uniquely equipped you are.

In your Study Guide there is a list of 160 traits. Read through this list and select the 5 traits that you feel best represent you at your best."

*Give students 3-5 minutes to identify their top 5 traits. When finished, ask everyone to stand. Next, ask a volunteer to read through the traits they identified for themselves nice and slow so that everyone can hear clearly which traits they've identified. When they are finished ask the group,*

"If you have at least 1 trait in common with our volunteer, please remain standing. Everyone else can be seated. For those who remain standing, if you have at least 2 traits in common with our volunteer remain standing, otherwise be seated..."

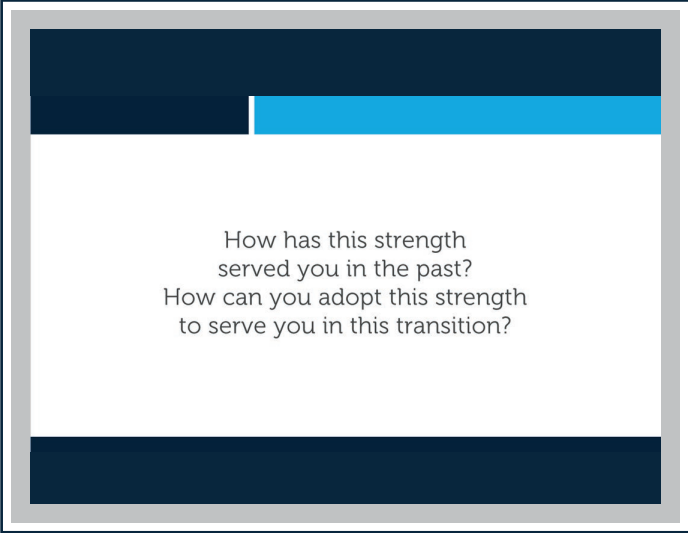
Continue with this exercise until all are seated but the volunteer.

"We could very likely do this exercise with every person's list and no one would match all five traits. You may share some traits, but not all five.

Each person is unique. Your traits and the way they interact means that you can contribute in ways no one else can. Wherever you go, you play a valuable role in your workplace, community, and family.

We're going to take a few minutes so you can write down your traits and brainstorm concrete ways that you can adapt your traits to help you through your current transition."

*Advance to the "How Has this Trait Served You in the Past? How Can You Adapt..." slide and give participants time to complete the exercise in their Study Guide and highlight the instructions as needed.*

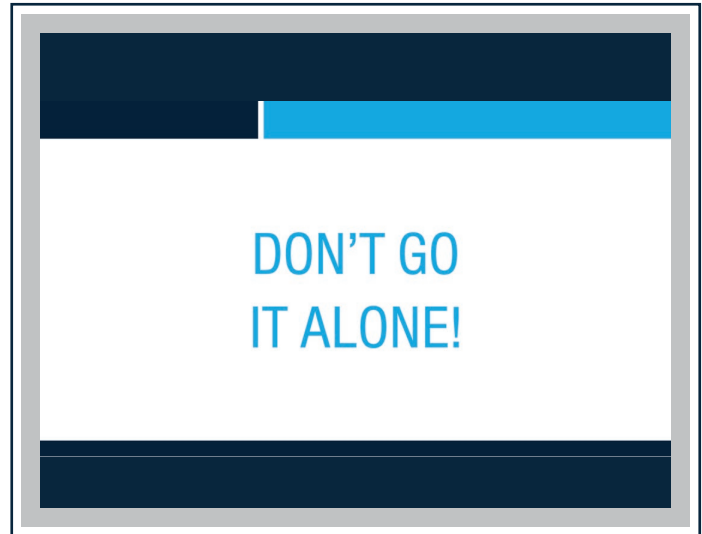


How has this strength served you in the past?  
How can you adopt this strength to serve you in this transition?

A personal story highlighting how to adapt a familiar strength to serve in new ways will help students understand how to approach this exercise.

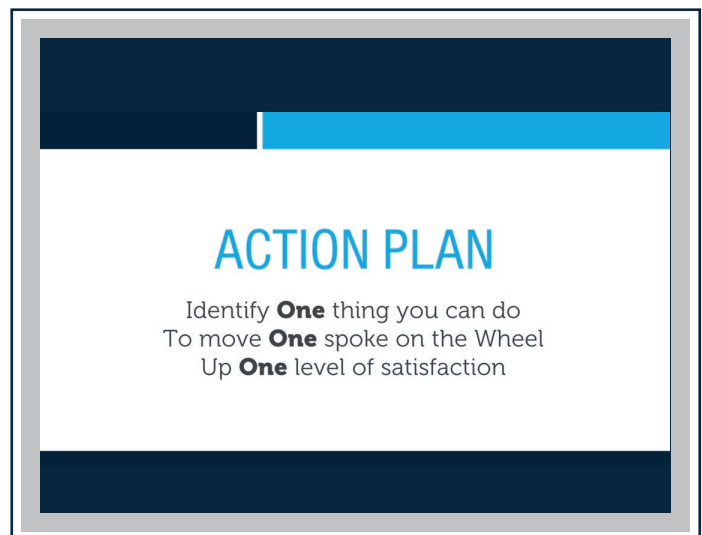
"To take this a step further, identify the traits you think will serve you the best during this season of transition and list them in the spaces provided in your Study Guide on the last page."

Advance to the "Don't Go It Alone!" slide.



"What communities could you seek out that would help you invest in these traits and support you? Being intentional about who we spend our time with can serve to reinforce the strengths you rely on. List possible communities or groups you may consider becoming a part of to support this transition you are facing."

Advance to the Action Plan slide.



"Let's revisit the Wheel of a Life in Transition. Before you go it's important to put some practical steps in place. What is ONE area of the wheel that needs some attention. Come up with ONE action you can take to move up ONE level of satisfaction in the next week."

Give the students a few minutes to complete the ONE, ONE, ONE exercise outlined above and then advance to the last slide.

"This concludes our Training on Transition. Thank you for your time and attention. For more resources, feel free to reach out to me personally." (include a slide in the deck with your contact info) or go to [www.strongerfamilies.com](http://www.strongerfamilies.com)