

Session 1



California Community Colleges

Leading with Steadiness in Times of Unsteadiness

*REFLECTING ON OUR RELATIONSHIP TO
CHANGE: INSIGHTS FOR GROWTH*

APRIL 2, 2025 | 10:00 A.M. – 11:30 A.M.
WITH Dr. Leora Wolf-Prusan



*Let's start
connecting...*



***Add your name, title/role,
and college in the chat.***

HOUSEKEEPING



Chat and Q&A: Please utilize the chat or Q&A function to ask questions throughout.



Closed Captioning (CC): Closed captions are available. Click on the (CC) button to read live captions.



Meeting Materials: Slides and any follow up materials will be provided following the presentation.



Recording: We are recording today's session, and the recording will be made available on the website in the coming weeks.

MEET OUR SPEAKER



Leora Wolf-Prusan, EdD, (she/hers) is the Managing Director for School Mental Health and Leadership at the Center for Applied Research Solutions. She directs the School Crisis Recovery & Renewal project and served as the School Mental Health Field Director for the Pacific Southwest Mental Health Technology Transfer Center (MHTTC). Her work spans various initiatives, including the 2020 Implicit Bias & Trauma-Informed Leadership series for CalWORKs, EOPS, and NextUp teams across California.

Leora specializes in grief and trauma healing, educator mental health, and trauma-informed leadership. Her research focuses on the impact of student deaths on teachers, fostering resilience, and identifying school system support for educators. She holds a BA in International Relations and Spanish from UC Davis, a teaching credential from Mills College, and an EdD in Educational Leadership from UCLA. Based in the Bay Area, Leora enjoys life with her daughter, Halleli Nuriel, along with apple crisp and good cheese.



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● FILL UP

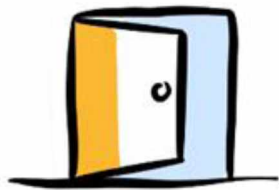
● TAKE A FEW
DEEP BREATHS



● STRETCH



● EMOTIONALLY
RELEASE YOUR
TO-DO LIST



● CLOSE THE DOOR

WELCOME!

WE'RE SO GLAD YOU'RE HERE

WE'LL GET STARTED SHORTLY IN THE
MEANTIME, WE INVITE YOU TO
INTENTIONALLY ENTER THE SPACE.



● TAKE A BIO
BREAK



● CLOSE BROWSER
WINDOWS



● TEST YOUR TECH



● SILENCE YOUR CELL...
AND TURN IT OVER

OUR SERIES TOGETHER

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OUR TWO SIMPLE & SEARING ESSENTIAL QUESTIONS

What needs healing and transformation inside me to sustain transformation and healing in my work spheres?

What needs healing and transformation inside us to stabilize and reimagine our way of being?

OUR FLOW FOR PART 1

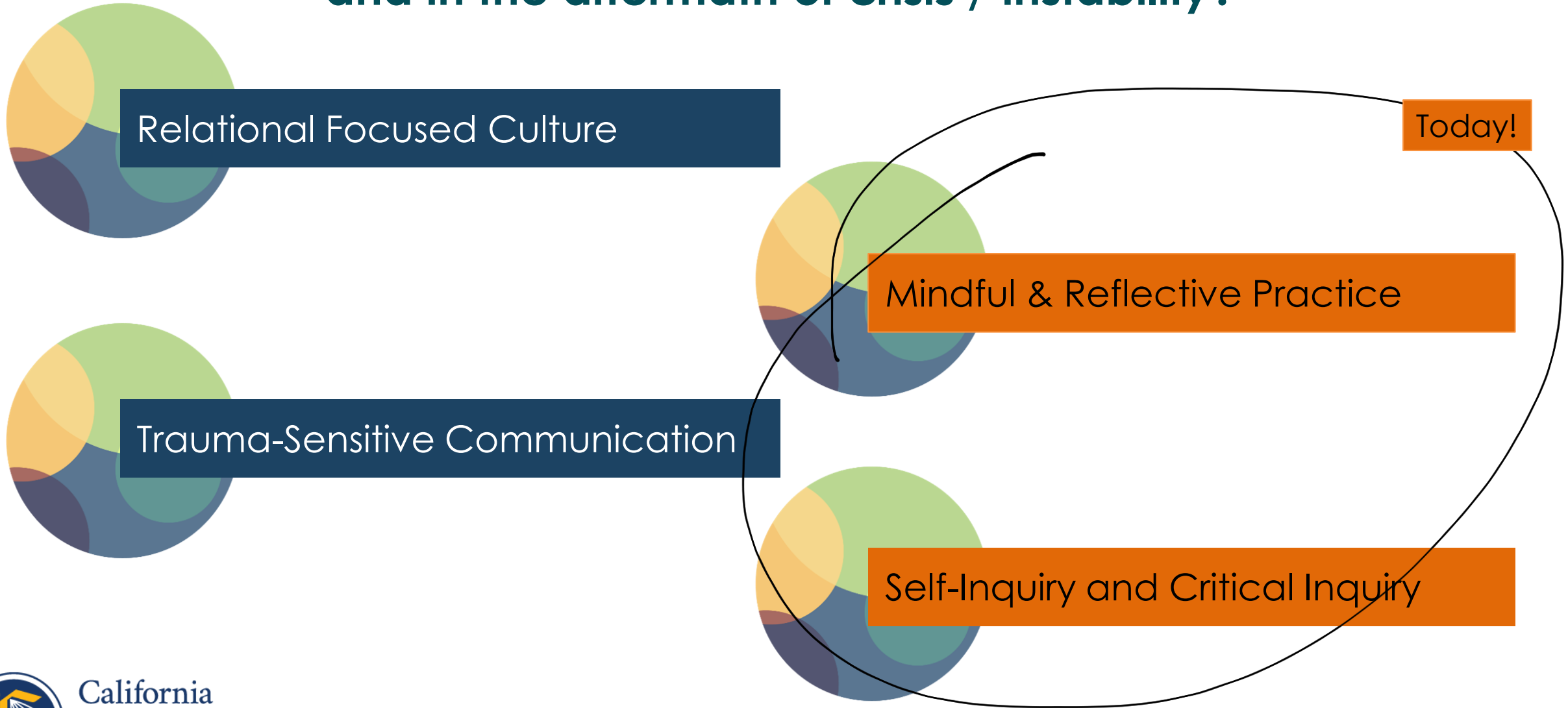
- **Welcome & grounding**
- Self Inquiry & reflective practice: Our relationship with change, unsteadiness, & instability
- Moving from our inner reflection to our outer leadership
- **Closing**



THREE LEARNING TRACKS TRACKS TO EXPLORE

Me as a Learner	My Work Role	Me as a Facilitator
What am I learning in relation to my personal experience?	What are the practices, soundbites, learnings, takeaways that align with my work goals?	How would I lead this activity? What would I keep? What would I change?

What makes our leadership trauma informed- always, in the wake of, and in the aftermath of crisis / instability?



OUR SELF INQUIRY & REFLECTIVE PRACTICE

"If there is anything that we wish to change in the child, we should first examine it and see whether it is not something that could better be changed in ourselves."

— C.G. Jung



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Quick Mentimeter Poll

Use the following link that is added to the chat, or your cell phone to access via QR code

Link to Mentimeter:

<https://www.menti.com/alqsmky66bw4>

OR

Add your answer to the chat!



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**WHAT ABOUT THIS VERY MOMENT FEELS
PROFOUND TO YOU?**

**WHAT ARE WE NOTICING ABOUT *UNCERTAINTY,*
CHANGE, AND LOSS IN OURSELVES?**



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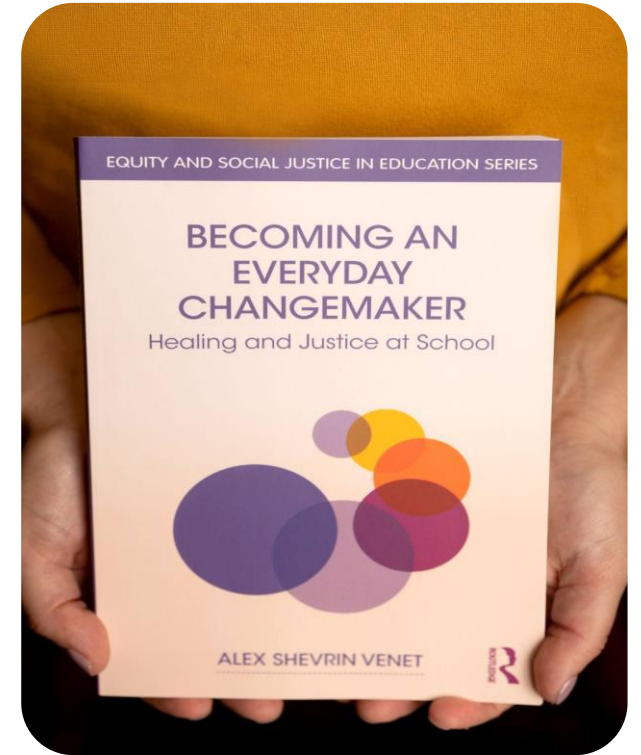
CORE ASSUMPTIONS:

WHAT DO YOU BELIEVE (IN THIS MOMENT!) ABOUT CHANGE?

I believe change happens through relationships and connections.

I believe change happens when we slow down and reflect.

I believe change requires us to be open to unexpected connections and to orient ourselves to the world with curiosity.



INSERT MENTIMETER INFO HERE

INDIVIDUAL REFLECTION

TAKE A MOMENT TO THINK ABOUT YOUR EXPERIENCE WITH CHANGE AND RESISTANCE.

1-
What do you believe
about people's ability to
change?

2-
Have you ever been
resistant to change?

3-
What was going on for
you?

4-
In your own experience,
what have been the
conditions or strategies
that have led you to
change?

BUILDING SHARED LANGUAGE

*“Not everything that is faced can be changed.
But nothing can be changed until it is faced.”*

— James Baldwin

Signs

Tired, Heaviness
Focus on the past/loss
Regret, Guilt, Shame

Racing heart, hard to sleep
Hard to focus; worried
Overwhelmed, panicked

Tense muscles
Focus on what's unfair
Frustration, Resentment

Gateway Feeling

SADNESS:
Helps you address loss
and heal

ANXIETY:
Helps you protect yourself
against threat

ANGER:
Helps you defend yourself and
make things right

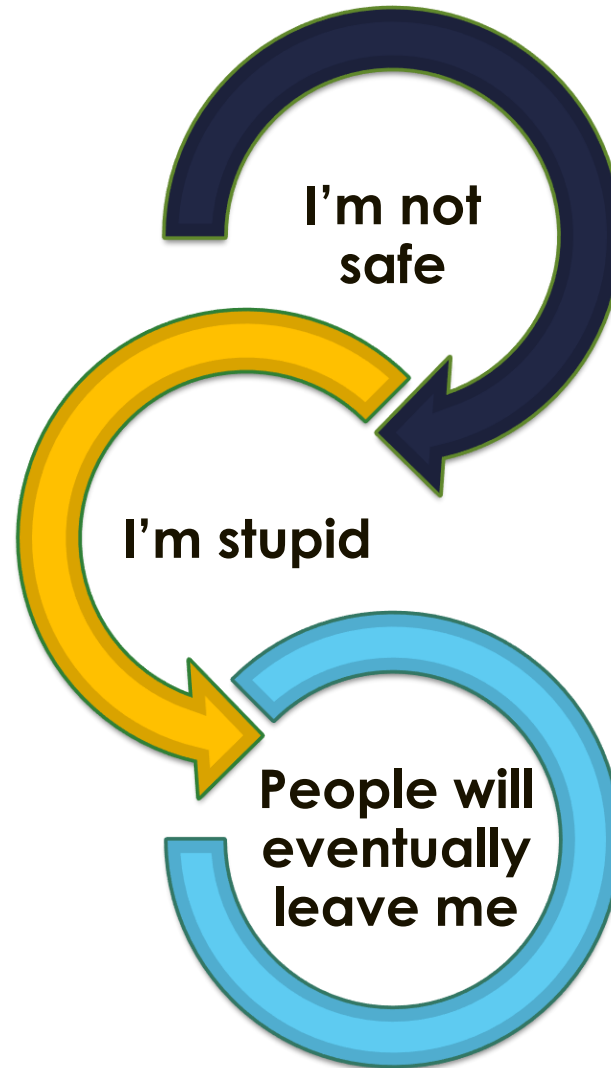
Root Causes

What have I lost?

What do I fear?

**How have I been
violated?**

BELIEF SYSTEMS OF PEOPLE LIVING IN TOXICALLY STRESSFUL ENVIRONMENTS



THE FIVE GATES OF GRIEF

- Everything we love we will lose
- The places that have not known love
- The sorrows of the world
- What we expected and did not receive
- Ancestral grief

[“What if the way we respond to the crisis is part of the crisis?” Video](https://www.youtube.com/watch?v=GbVvS_esr_8)

https://www.youtube.com/watch?v=GbVvS_esr_8



ENGAGING IN THIS WORK ISN'T ABOUT WINDING THE CLOCK BACK, BUT ABOUT CREATING A BETTER AND MORE JUST FUTURE, ALLOWING THE SCHOOL TO CONTRIBUTE TO WELL-BEING FOR THE COMMON GOOD.

IN THIS WAY, [SCHOOL] CHANGE IS AN OPPORTUNITY TO HARNESS THE TRANSFORMATIVE ENERGY OF TRAUMA AND GRIEF AND RECLAIM OUR AGENCY.”

-ALEX SHEVRIN VENET, 2024, PGS. 69-70

MOVING FROM OUR INNER REFLECTION TO OUR OUTER LEADERSHIP

"Change your opinions, keep to your principles; change your leaves, keep intact your roots."

— Victor Hugo



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Quick Mentimeter Poll – Part 2

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**WHAT ABOUT THIS VERY MOMENT FEELS
PROFOUND TO THE PEOPLE YOU SERVE?**

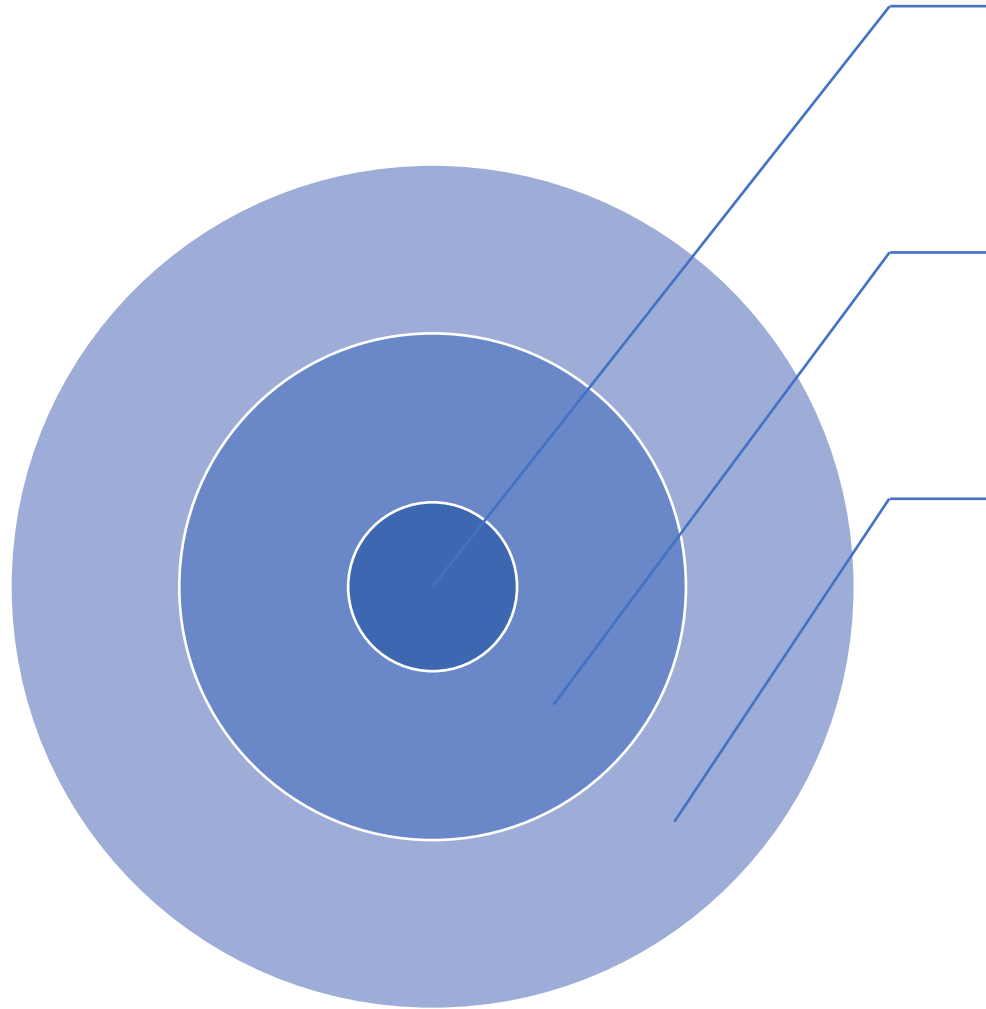
**WHAT ARE WE NOTICING ABOUT *UNCERTAINTY,*
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INSERT MENTIMETER INFORMATION HERE

Spheres of Control, Influence & Concern



Control:

All things I have direct and full control over

Influence:

All things I have direct influence over

Concern:

All matters I care about

Anchoring Ourselves in Our Values

What are the things you value about yourself, your work, and your team in the context of change?

Yourself: Without being humble, what do you value most about yourself as a human being, a friend, a caregiver, a colleague, and so on?

Your Work: When you are feeling best about leading through instability, what do you value most about it?

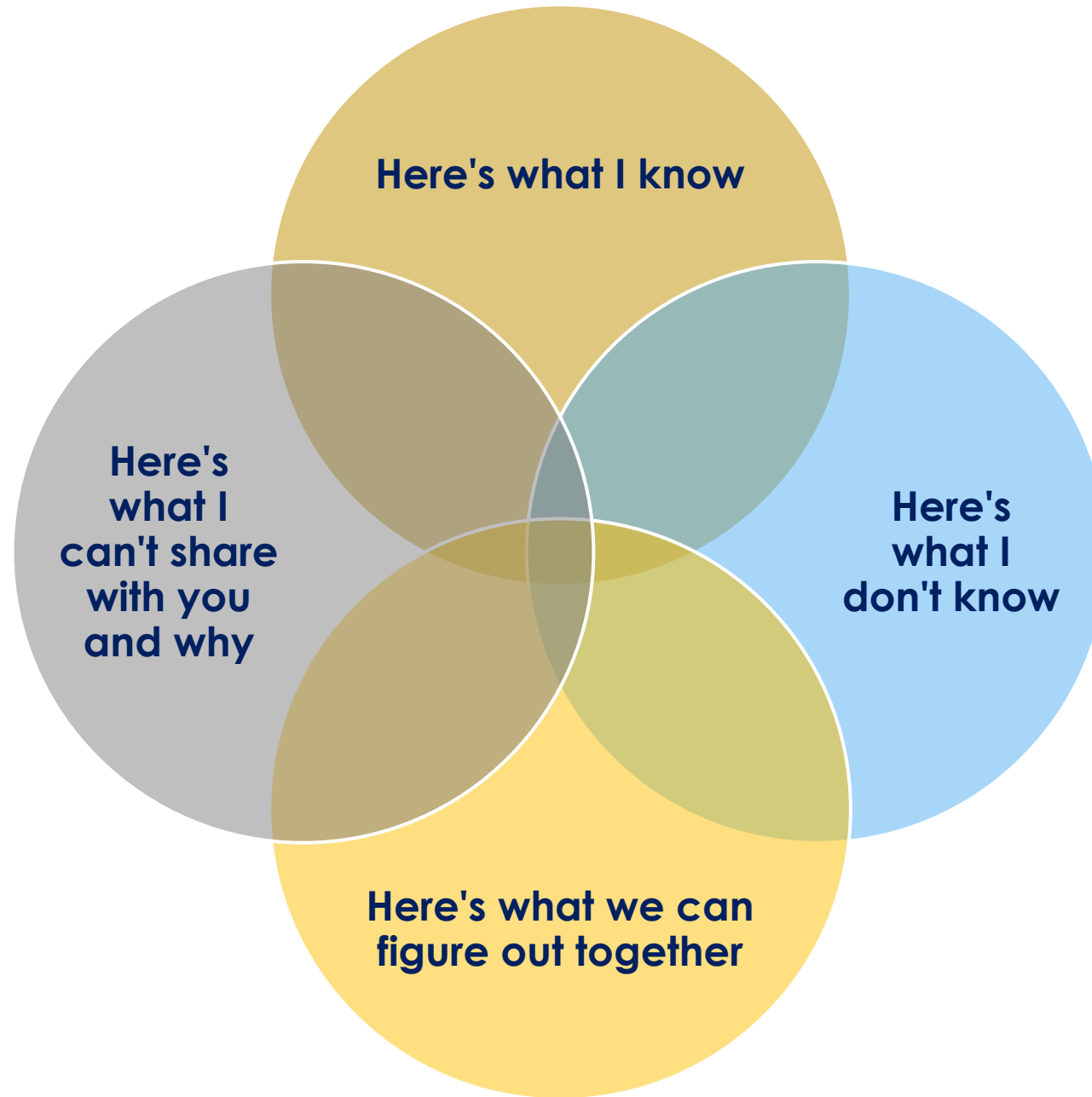
Your Team: What is it about your team before, during or after big change that you value?

“WHAT YOUTH NEED TO HEAR IS WHY THEY ARE LOVED.”

(STEELE & KUBAN, 2011)



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CLOSING



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OUR TWO SIMPLE & SEARING ESSENTIAL QUESTIONS

What needs healing and transformation inside me to sustain transformation and healing in my work spheres?

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I can cope with (X) because _____ and also
Y because _____.

I will make it through hard times because I am in a
relationship with/in community with _____.

I permit myself to slow down so I can _____.



Instructions on Not Giving Up

Ada Limón, 1976

More than the fuchsia funnels breaking out of the crabapple tree, more than the neighbor's almost obscene display of cherry limbs shoving their cotton candy-colored blossoms to the slate sky of Spring rains, it's the greening of the trees that really gets to me. When all the shock of white and taffy, the world's baubles and trinkets, leave the pavement strewn with the confetti of aftermath, the leaves come. Patient, plodding, a green skin growing over whatever winter did to us, a return to the strange idea of continuous living despite the mess of us, the hurt, the empty. Fine then, I'll take it, the tree seems to say, a new slick leaf unfurling like a fist to an open palm, I'll take it all.



UP NEXT

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RESOURCES & REFERENCES

- <https://workbravely.com/blog/from-our-coaches/leadership-in-uncertain-times/>
- <https://schoolcrisishealing.org/trauma-informed-covid-19-leadership-practice-guide-for-recovery-and-renewal/>
- <https://traumatransformed.org/documents/Principles-and-Leadership-Competencies-of-Trauma-Informed-System-1-1.pdf>
- <https://hbr.org/2021/04/6-strategies-for-leading-through-uncertainty>
- [Peace from Anxiety: Get Grounded, Build Resilience, and Stay Connected Amidst the Chaos \(Khouri, 2018\)](#)
- <https://www.jointhecollective.com/article/leading-with-stability-key-to-resilient-leadership/>



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Thank you!

For any questions or concerns related to the content of these webinars, please email cccsmh@cars-rp.org

www.cccco.edu