

Session 9 Learning Plan

<i>Group Process</i>		<i>Resources</i>
1.	RRR – Supervisor, Manager, Administrator and Director Roles to Develop and Support Team Members	Power Point – Ses.9-Res.1 Handout
2.	Stress Inducers and Reducers	Textbook pages 169–175
3.	Providing Help in Managing Specific Environmental Situations	Textbook pages 176–177
4.	RRR – Leadership in Action – The Four Tools	Power Point – Ses.9-Res.2 Handout
5.	RRR – Leading with Head and Heart – The Dual Path Mindfulness from Practice to Performance	Power Point – Ses.9-Res.3 Handout
6.	Mindfulness Practice – Stress Rehearsal	Textbook pages 271–272
7.	Session Preparation and Learning Log	SurveyMonkey

Session Follow-up and Preparation:

- Review all Resources
- Read CCS Text Book pages referenced above
- Mindfulness Practice – 20 minutes x 5 sessions weekly
- **For next week's training –
Please bring with you, a round stone that is 1.5 inches (3.81 centimeters)
in diameter.**