

# Moving Towards a Wellness Environment in the Workplace

May 18<sup>th</sup>, 2023



**COLLABORATIVE  
MENTORING**   
WEBINAR SERIES

# AGENDA

**1.** Welcome & Introductions

**2.** Audience Polls

**3.** Breathing Exercise

**4.** Panel Discussion

**5.** Audience Q&A

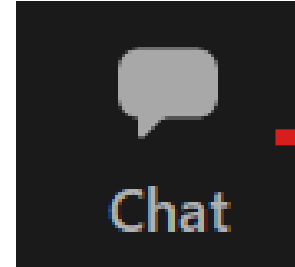
**6.** Resources

**7.** Closing

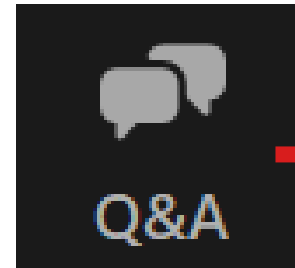
# Tips for Engagement

## Webinar Buddies!

1. Private message someone you don't know in the chat introducing yourself
2. Exchange contact information
3. Follow up with one another in a couple weeks to see how they've been using this knowledge!



- Introduce yourself!
- Talk with one another
- Share resources
- Respond to presenters



- Ask the presenters questions
- Upvote questions you'd like to see answered

# Dr. Nishaun Battle



Dr. Nishaun T. Battle is the author of *Black Girlhood, Punishment, and Resistance: Reimagining Justice for Black Girls in Virginia*, by Routledge Publishing. She is an Associate Professor at Virginia State University. Nishaun was the Principal Investigator of the STOP School Violence grant, funded by the U.S. Department of Justice 2019-2022. She has written extensively on Black Girlhood and self-care.

Dr. Battle is a Self-Care coach and Wellness consultant. Dr. Battle is a board of Directors member for a youth-based non-profit organization for young girls, *Pretty Purposed*, and is a consultant for MENTOR Virginia, a nationwide mentoring program that provides free technical assistance to youth-based non-profit organizations based in Virginia. You can learn more about her work and interests on her website [www.drnishaunbattle.com](http://www.drnishaunbattle.com).

# Dr. Y “Falami” Devoe (she/her)



Dr. Y. “Falami” Devoe also known as “Dr. Falami” is a Holistic Human Development Strategist, Public Speaker, Educator, Poet and Self-Care Ritualist. She is passionate about centering the voices of Black women and curates’ intentional spaces for authentic dialogue, self-reflection, and community building.

Dr. Falami specializes in community conversations with higher education institutions, public school systems, and nonprofits. Her conversations focus on a holistic approach to the development of one’s authentic self and strategies for cultivating a person’s freedoms and opportunities helping them to thrive wherever they may lead and serve. She has facilitated training for hundreds of participants across the United States focusing on self and collective care, leading from within, and mindfulness.

Dr. Falami is a Self- Care Ritualist and integrates meditation, sound healing and reiki practices into her a private well-being practice, Holistic Alchemy. She received her PhD from the Graduate School of Leadership and Change from Antioch University. She is a Certified Holistic Health Coach and a proud member of Delta Sigma Theta Sorority, Inc.

# Maxx LaBrie, CPS (they/he)



Maxx LaBrie is a Certified Peer Specialist (CPS) from Massachusetts. Maxx's lived experience of trauma, queerness, transness, forced poverty and disability informs the work they do.

Maxx is currently the President of Youth MOVE National, and has been on the Board of Directors for four years. Maxx is also the Director of Community Engagement and Outreach at GSA Link, a non-profit that supports LGBTQ+ youth and their families, as well as a Match Coordinator in their Linked Mentoring Program and a co-facilitator of a virtual queer youth group. He also is a Regular Contributor/Staff Writer for WriteThroughtheNight.com, where they write articles about books, pop culture, feelings, and comedy.

Maxx is an incredibly passionate person, and that passion fuels their day to day advocacy and activism work. Some specific areas of focus include trans rights, youth autonomy, bodily autonomy, mad liberation, fat liberation, anti-capitalism, disability justice, education and anti-carceral care. Maxx works under a trauma-assumed framework, which acknowledges trauma as a universal experience with many levels, and strives to meet folks where they are at, with respect, dignity and compassion.

# Breathing Exercise



**What does joy in the workplace  
look like to you?**



**What ways can administrators help to promote wellness in work policies and/or create a wellness environment?**



**How can colleagues establish wellness, boundaries, and practices that promote community care?**

**How can individuals working in any mentorship capacity create and sustain their own wellness plan?**

**What are practical steps to take when working with a client who may be unclear on their needs, but have difficulty expressing that to you?**

**What advice would you give to service providers who may be uncomfortable talking about sensitive subjects?**

# Three Next Steps

- I. Write down a list of your top 3 stressors. Under each one, list how you can create a self-care activity for your mind, body, and spirit.
- II. Create an affirmation jar. Select from it each day and read.
- III. Write 3 letters to yourself of what you will do for yourself to embrace self-care. Open after 1 month, 3 months, and then 6 months.
- IV. Look at your calendar and schedule your self-care for the weekend ... and don't cancel the appointment with yourself.



Questions?



**MENTOR**

# Resources

**Dr. Nishaun T. Battle**

[www.drnishaunbattle.com](http://www.drnishaunbattle.com)

**Dr. Y. Falami Devoe**

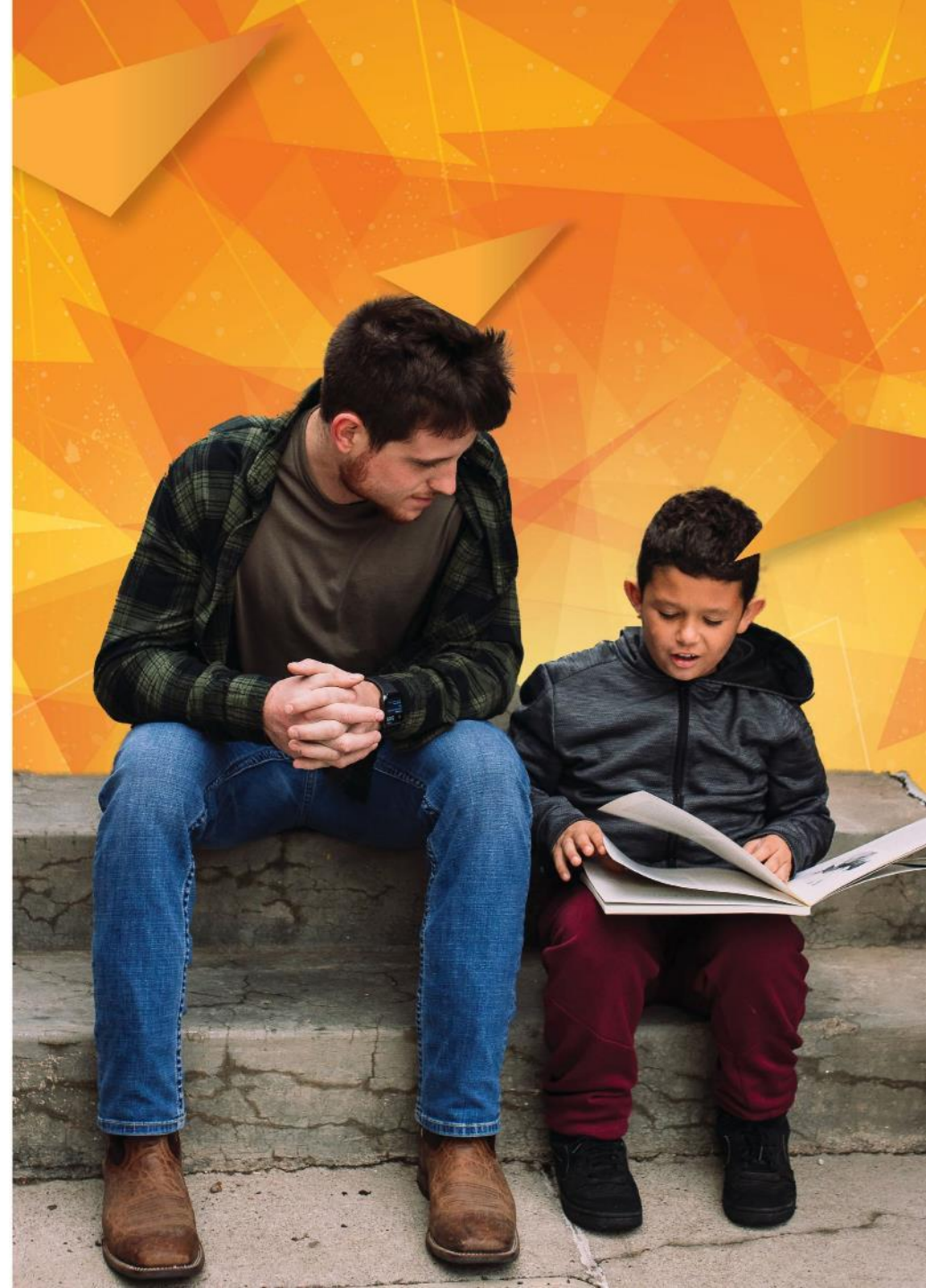
[www.drfalami.com](http://www.drfalami.com)

Instagram - @the\_selfcareritualist

**Maxx LaBrie, CPS**

[maxx@gsalink.org](mailto:maxx@gsalink.org)

[LinkedIn](#)



# Additional Resources

## Contact Us

Email us with any feedback or questions at [collaborativewebinarseries@mentoring.org](mailto:collaborativewebinarseries@mentoring.org)!

## Affiliates

MENTOR Affiliates can support with training, resources, public awareness and advocacy. [Find your local affiliate here.](#)

## Mentoring Connector

Recruit mentors by submitting your program to the [Mentoring Connector](#).

## National Mentoring Resource Center

Check out the [OJJDP National Mentoring Resource Center](#) to access evidence-based mentoring resources and to apply for no-cost training and technical assistance

# Remember!

- Please take **3-4 minutes to complete the anonymous survey** to let us know how we did!
- In a few days, you will receive an email with information on how to download the **slides, recording, and resources** on the CMWS webpage on MENTOR's website.
- **Connect with your webinar buddy!** Check in with them in a couple weeks to see how they've used the information from today's webinar.

# **Join Us Next Month!**

**Mentoring and Gun Violence TBA**

**June 22<sup>nd</sup>, 2023**

**1PM – 2:30PM EST**