

THE POWER OF HOPE, CONNECTIONS AND RELATIONSHIPS

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NEED TO FEEL
SEEN, HEARD,
DELIGHTED IN

SEE A PERSON
DIFFERENTLY
AND YOU SEE A
DIFFERENT PERSON

WELLBEING
LEADS TO
WELL DOING

GIVE WITHOUT
LEAVING OURSELVES
BEHIND

WHEN A FLOWER
DONT BLOOM,
WE DONT FIX,
HUMILIATE, PUNISH
THE FLOWER

HOPEFUL
DISRUPTERS

REHUMANIZE
SYSTEMS

POWER OF
RELATIONSHIP

CONNECTION-SEEKING, NOT
ATTENTION-SEEKING

WE ALL GO
THROUGH THINGS
DIFFERENTLY



HOW LONG
AT SEA

WAVES

WHAT'S YOUR
MEANING
MAKING?



LOOK AT PERSON
BEHIND THE BEHAVIOR

IF BEHAVIOR COULD
TALK, WHAT WOULD
IT SAY?

SEEN HEARD
NOTICED

BEING FEELING

LOVED ≠ LOVED
SAFE ≠ SAFE

HOW DO WE
LEAVE A HEARTPRINT?

HOW CAN
WE BE
CURIOUS

INSTEAD
OF FURIOUS?

ONE SIZE
DONT FIT ALL



WHAT HAS
HAPPENED
TO YOU?

LAYERS UNDERNEATH

HEALING HAPPENS
IN LAYERS

WE ARE PART
OF PEOPLES
JOURNEY

EVERY INTERACTION
CAN BE AN
INTERVENTION

YOU ARE THE
STRATEGY

HOW DO WE
MODEL
WHAT WE'RE
SAYING?

HOW DO WE
MAKE PEOPLE
FEEL?

TRAUMA IS
MULTI-SENSORY
RESPONSES MUST
BE TOO

NOT THE TOOL
BUT HOW WE DO IT

VOICE

ASSAULT
SURVIVOR



POSTERS

COVID LOSS

CHOICE
FOR CHECK'INS

ASK
WHAT WORD
SOMEONE
WANTS TO USE

RELAX CALM

HOPE

TRAUMA ISN'T THE
FINAL DESTINATION

DON'T HAVE TO
BE MASTER IDENTITY

NOT WHAT'S
WRONG WITH
YOU, BUT WHAT'S
STRONG
WITH YOU?

IF HOPE WAS MY
TRAVEL COMPANION...

IT WOULD
SAY

FEEL



LOOK
LIKE

IF HOPE WAS A
NATURE METAPHOR
IT WOULD BE...

WHAT MEMORIES +
EXPERIENCES CAN YOU
ANCHOR ONTO?