

AREA DIRECTOR WELL-BEING

1. **AD RAMP** – Take 10-15 minutes to reflect and begin thinking about what caring for yourself looks like within the AD Role.
 - o Begin with the end in mind. Take some time and think through what caring for yourself might look like this summer and how you want to see yourself at the end of the summer.
 - o I need to ask my supervisor for _____ to feel cared for.
 - o What have you learned about your self-care during past summers with YouthWorks?
 - o What about these experiences do you need to make sure your supervisor knows before the summer starts?
 - o What do you need permission for?
 - o What do you need accountability for?
 - o What do you find draining? Life-giving?
 - o I'm learning _____ about myself and that means _____.
 - o I get frustrated with _____ during the summer and that means I need to _____.
 - o In what ways do I feel encouraged spiritually? How do I encourage others spiritually?
 - o How do I experience rest and rejuvenation?
2. **Wellbeing Practices:** Spend 10-15 minutes exploring the Wellbeing Practices on the Training Website. Try 2-3 practices – don't just read about them, but do them.
3. **1x1 with your Supervisor before SD RAMP to talk about care (may happen at AD RAMP)**
 - a. Take the lead and own this conversation with your supervisor from beginning to end. They will participate by listening, processing and helping you develop your plan now and through the summer.
 - b. Start with the Basics
 - i. Date requests (or sometimes we call them conflicts)
 1. Weddings/family events you'd like to be a part of this summer. You may have already discussed them but now is the time to put it in writing and make sure you're on the same page. When, what, expectations, etc.
 - ii. Time off during the week
 1. It's an expectation that everyone gets this
 2. What does it look like for you? What do you need to share and discuss with your supervisor in regards to this?
 - c. After the basics
 - i. Think back to your processing questions above – what do you want your RD to know from these questions?
 - ii. What else do you need to ask for? The answer might be no but at least you will have asked.
 - iii. What areas do you need to be proactive about communicating to your supervisor?