

## CHAMPS Resiliency Collaborative: Session Topic Ideas

The CHAMPS Resiliency Collaborative (RC) is an online facilitated peer support group. Each session will begin and end with a practice of mindfulness techniques.

The remainder of each session will be comprised of group discussion on topics selected by the participants. At the end of each session, participants will select the topic for the next session. Participants are encouraged to think about what that topic mean to them or to bring a poem, or anecdote from work or life to share during group. Below are some topic ideas you may wish to chose from, but any topic the group wishes to discuss is welcome.

- Anger
- Awe
- Balance
- Collaboration
- Commitment/Calling
- Compassion
- Dignity
- Equity
- Fear
- Forgiveness
- Grace
- Gratitude
- Grief
- Healing
- Honesty
- Honor
- Humility
- Integrity
- Leadership
- Listening
- Loss
- Mistakes
- Mystery
- Prioritizing Self/Family
- Refuge
- Relationships
- Service\* (First session topic)
- Suffering
- Surrender

