

Soaringwords



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NETWORK
of Jewish Human
Service Agencies

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SOARING into Strength



HEALTHCARE PROFESSIONAL BURNOUT: THE NEW NORMAL



- Since the COVID-19 outbreak, communities are focusing 100% of their efforts to flatten the curve.
- Long-term mental health issues are emerging that need to be addressed now.



HELP IS ON THE WAY

The SOARING into Strength Positive Health initiative is a virtual turn-key program

- To provide NJHSA healthcare professionals & volunteers with Positive Psychology tools to mitigate burn-out and fatigue.
- To give NJHSA clients the skills they need to experience meaning, agency, altruism and hope in the face of everyday challenges.
- The program has already helped thousands of people (healthcare professionals and clients).



Soaringwords workshop with Jersey City Health and Human Services



PROVEN SOLUTION FOR YOUR AGENCY

The SOARING into Strength Positive Health initiative is delivered through 24 virtual workshops.

Each workshop has four distinct components:

- Professionally designed slides
- Videos from leading Positive Psychology practitioners
- Customized workbook with empirically-valid behavioral exercises
- Pay-it-forward community service project

Agencies can determine which of the 24 workshops work best for the needs of your staff and your clients.



Lisa with Dr. Martin Seligman, a world leader in the field of Positive Psychology



JERSEY CITY HEALTH & HUMAN SERVICES

Soaringwords

SOARING into Strength Positive Health Initiative
with Jersey City Health & Human Services





BENEFIT FROM SOARINGWORDS' EXPERTISE

Since 2001, Soaringwords has led hands-on programs for various partners, including:

- Healthcare professionals and patients in 196 hospitals
- Professionals and volunteers at Health and Human Service agencies and community-based non-profit organizations
- 150,000 professionals at Fortune 500 companies
- Service-learning programs for students in grades K-12
- Volunteer leadership initiatives for thousands of University students
- After-school educational outreach programs in community groups



RELEVANT SOLUTIONS FOR THE DISTINCT POPULATIONS YOUR AGENCY SERVES

The Soaringwords SOARING into Strength Positive Health initiative has enhanced the emotional, physical and mental well-being of the following constituencies:

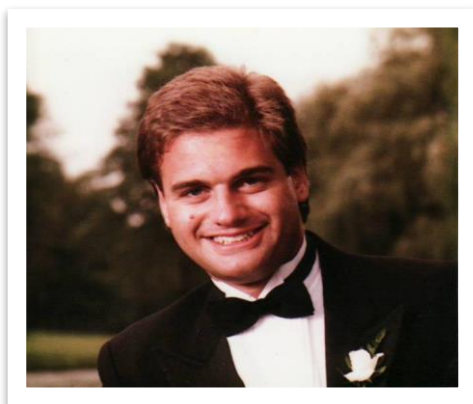
- Ill children and families
- Adults grappling with chronic and serious illness
- Caregivers
- Healthcare professionals
- People suffering with addiction
- Victims of domestic violence
- Seniors
- Veterans
- LGBTQ+ people
- Unemployed and newly-unemployed people
- Homeless people



A LITTLE ABOUT ME...



THREE EXPERIENCES THAT CHANGED MY LIFE...



Gary



Dad



Jonathan

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SUDDENLY, I KNEW WHY I WAS BORN...





TODAY, MY SON IS FULLY RECOVERED





BABY CHARLOTTE "CHARLIE" BUKSBAUM



EVERYONE CAN HEAL





SOARINGWORDS' MISSION

Soaringwords' mission is to inspire ill children, families, and adults to take active roles in self-healing.

Soaringwords is unique as it is the only organization to motivate people grappling with illness and challenges to pay-it-forward to help others. When a person does something kind for an ill child, it accelerates their transformative healing.

Soaringwords is a 501C3 not-for-profit organization.





SOARING INTO STRENGTH: POSITIVE HEALTH MODEL

- Soaringwords codified its unique approach into a scientific model to enhance the well-being of patients, families, adults, and healthcare professionals.
- The SOARING INTO STRENGTH model consists of seven components based on Positive Psychology concepts.





7 COMPONENTS OF THE SOARING INTO STRENGTH MODEL

Shifting: Creating shifts in your attitude, body, and overall well-being.

Optimism: Finding the good even when times are difficult or painful.

Altruism: Gaining a sense of control by sharing your creativity, kindness, strength, and hope with others.

Resilience: Flourishing, even in difficult times.

Imagery: Connecting to your inner knowledge to heal through imagery exercises.

Narrative: Sharing the power of positive storytelling.

Gratitude: Recognizing and celebrating moments of appreciation.



Lisa Buksbaum at the opening session at the European Conference of Positive Psychology in Anger, France.



PROGRAM DESIGN

- Soaringwords deliverables will be recorded on video and archived so professional staff can participate when convenient.
- Participants can benefit from the Soaringwords SOARING into Strength Positive Health initiative in individual or group programs.
- Virtual content will be shared electronically from a secure, password-protected Soaringwords portal.



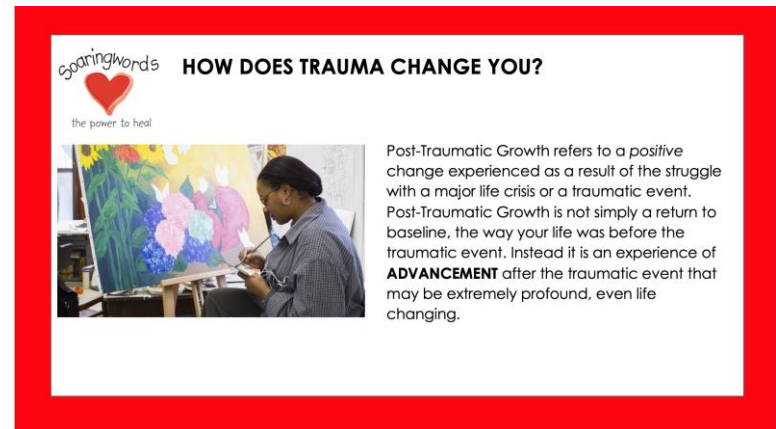
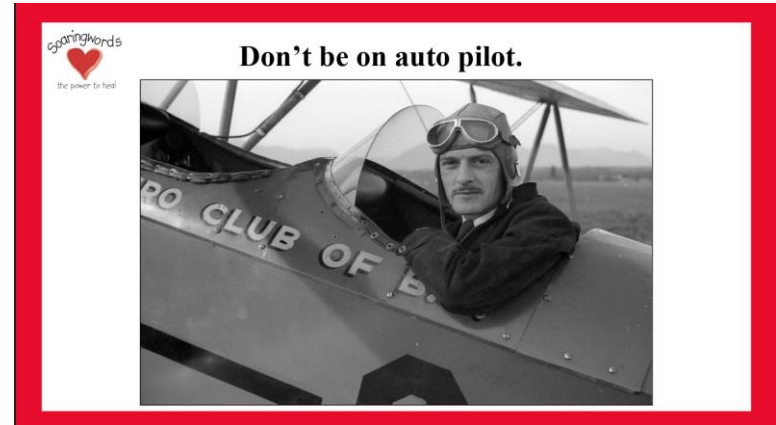


4 KEY SOARINGWORDS' PROGRAM COMPONENTS

Professional slides:

33% of the time will be spent learning from a compelling, easy to understand virtual presentation led by Lisa Buksbaum featuring guest experts.

Top photo: slide from the Soaringwords SOARING into Gratitude workshop; bottom photo: slide from Soaringwords Post Traumatic Growth workshop





SOARING INTO STRENGTH VIDEO MODULES

- 33% of the time will be spent learning from customized videos.
- Videos feature world-renowned international Positive Psychology thought-leaders.
- Each video summarizes practical, easy-to-understand concepts.
- Videos are filled with engaging footage and graphics that support key points.



Soaringwords modules featuring Dr. Barbara Fredrickson (SOARING into Optimism); Dr. Angela Duckworth (SOARING into Resilience); Dr. Richard Tedeschi (Post-Traumatic Growth)



SOARING INTO STRENGTH WORKBOOK ACTIVITIES

- 33% of the time will be spent working on immersive workbook prompts.
- Interactive 10-16-page workbooks give participants the opportunity to internalize key learnings.
- Journal in the workbook independently and share in small zoom breakout groups.




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Workbook Activity 3: Reflections on Post-Traumatic Growth

Domain 1: Relatedness to People, Valuing Relationships More.
Domain 2: Personal Strength, I feel stronger than ever before.
Domain 3: Heightened Appreciation of Life.
Domain 4: New Possibilities.
Domain 5: Renewed Spirituality/Religious Connection/Existential Experiences

Pick one stage and please take 5 minutes to journal about how you have experienced this aspect of Post-Traumatic Growth.



Left: Johnson & Johnson Global We Care Summit: SOARING into Strength Growth Mindset workshop for 5,000 people in several countries; right SOARING into Gratitude Workshop NY Life Insurance



SOARINGWORDS PAY-IT-FORWARD COMMUNITY SERVICE PROJECT

- Spend time enjoying a “peak ending.”
- Create an expressive arts/writing project that will be donated to hospitalized children in your community.
- Upload these projects to showcase community pride and engender tremendous goodwill among ill children and your community.



JCC of Manhattan SOARING into Resilience Workshop; happy patient at Montefiore Children's Hospital.

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Guidelines for Creating SoaringSuperheroes

Strength and greatness is inside of everyone. What makes you feel powerful, brave and strong? What makes you feel comforted?

Would you like to make a Superhero for somebody else to brighten their day? You can invent your own Superhero or choose a famous Superhero. Think about the attributes and powers you would like your Superhero to have.

Your Superhero can be brave and strong, helpful, loving or comforting. Use your imagination!

Here's How to Get Started:

1. Choose what kind of Superhero you want to make today.
 - a. Invent your own Superhero
 - b. Choose a famous Superhero
 - c. Pick a hero or heroine from mythology
2. Write the name of your Superhero on the top of the page and then draw your Superhero within Soaringwords Border, using lots of colors.
3. Write your superhero message for another child. You can also write your Superhero's special powers.

Pointers:

- Do make your picture really big.
- Do fill the entire page with your picture and message.
- Do make your picture really bright and colorful.
- Do have fun!





TRAIN-THE-TRAINER

- Each month, Soaringwords will lead a one-hour Train-the-Trainer session for NJHSA professionals and volunteers to review the workshop topics for that month.
- Your agency can select the workshops you want to offer.



Train-the-Trainer session with
Johnson & Johnson

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OUTCOMES

- To provide NJHSA healthcare professionals & volunteers with Positive Psychology tools to mitigate burn-out and fatigue.
- To give NJHSA clients the skills they need to experience meaning, agency, altruism and hope in the face of everyday challenges.



Photos: Jersey City Health & Human Services leadership team enjoy SOARING into Strength trainings



EVALUATION METHODOLOGIES TO MEASURE OUTCOMES

- Soaringwords survey instruments were created by Soaringwords Director of Research, Dr. Margaret Kern.
- Dr. Kern is a world leader in constructing health outcome measurement scales.
- These evaluation methodologies have been presented at dozens of international scientific conferences.
- Pamela Núñez del Prado Chaves is another member of the Soaringwords research team.

- Pre- and Post- workshop surveys capture qualitative and quantitative shifts in well-being for all participants.
- The results will be aggregated in an Executive Summary.



Peggy, Lisa and Pamela presenting Soaringwords Empirical Study at the European Conference of Positive Psychology in Budapest



EXECUTIVE SUMMARY AND PRE & POST WORKSHOPS SURVEYS



November 21, 2019

Stacey Lea Flanagan
HHS Director
Jersey City Department of Health & Human Services
Dr. Martin Luther King Jr. City Hall Annex
1 Jackson Square
Jersey City, New Jersey 07305

RE: Executive Summary for Soaringwords' SOARING into Strength Positive Health workshops

Dear Director Flanagan:

Thank you for the opportunity to collaborate with you and the JC HHS leadership by presenting three Soaringwords' SOARING into Strength workshops. This Executive Summary details the responses from 32 participants to the following workshops:

- Character Strengths: Discover and Amplify Your Unique Strengths held on Sept. 4
- Living a Good Life: Meaning & Matterings held on Oct. 4
- Soaringwords Innovation Workshop: Growth Mindset held on Nov. 13

These workshops were designed to provide in-depth training for Jersey City HHS staff to improve health outcomes for Jersey City residents. The workshops were designed to:

- Utilize the latest Positive Psychology findings and healing interventions to enhance emotional, physical, and psychological well-being for JCHHS employees to be more resilient in order to better advocate for the Jersey City residents they serve.
- All Soaringwords initiatives will help healthcare and community professionals to become more pro-active and self-advocate for better health outcomes to bolster their own well-being and mitigate empathy burnout.

Here is a brief description of each workshop:

Character Strengths: Discover and Amplify Your Unique Strengths

Everyone has strengths, but often, it's so easy to discount our own strengths when they are such an integral part of our lives because we don't notice them. Prior to the workshop, each participant will take a free, confidential online VIA Character Strengths assessment and bring their individual report to the workshop. Participants will come away feeling energized, in touch with their strengths, and excited to put them to good use. Participants will also be able to recognize the strengths of others and use this skill for better communication and teamwork in their personal and work lives. The workshop culminates with a pro-social team-building activity where each participant makes a SoaringSuperhero® puppet and message based on his or her top

Soaringwords, 5 West 86 Street, Suite 1500, New York, N.Y. 10024 lisa@soaringwords.org

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Soaringwords Jersey City Character Strengths Post-Webinar Survey

1. I feel joyful (right now)

- A lot less
- A little less
- About the same
- A little more
- A lot more
- No answer

2. I feel worried (right now)

- A lot less
- A little less
- About the same
- A little more
- A lot more
- No answer



SOARINGWORDS' SOARING INTO STRENGTH POSITIVE HEALTH WORKSHOPS: TOPICS

24 45-Minute Community-Wide Workshops

Character Strengths: Discover and Amplify Your Unique Strengths with Ryan Niemiec

Identify the strengths within yourself and learn how to strength-spot in others.

Post-Traumatic Growth with Richard Tedeschi

Scientific studies show that most people recover from life crises transformed and even stronger than before.

SOARING into Resilience: Mental Agility, Coping Skills & Grit with Angela Duckworth

Learn how to overcome negative thinking traps to experience more well-being.

Self-Compassion & Forgiveness to Activate Well-being with Kristin Neff & Kathi Norman

Learning how to overcome negativity bias and a strident inner critic leads to better health outcomes.

Caring for Yourself as a Caregiver with Karen Warner & Laura King

Learn to soothe all of your senses; activate circles of support; and other proven self-care tools



Soaringwords Caring for Yourself as a Caregiver workshop with Dr. Catherine Lord and Lisa Buksbaum at the 92 Street Y



SOARINGWORDS' SOARING INTO STRENGTH POSITIVE HEALTH WORKSHOPS: TOPICS

24 45-Minute Community-Wide Workshops

Shifting Your Perspective: Harness Your Growth Mindset to Thrive with Carol Dweck & Karen Garman

Learning the science behind thinking styles will teach you how to be more open to being open.

SOARING into Optimism: Finding Good Things to Notice and Celebrate, Even When Times are Difficult with Barb Fredrickson & Tal Ben-Shahar

Master strategies to cultivate an Optimistic, Explanatory Style and more micro-moments of joy.

Why Loneliness Matters & What You Can Do to Feel Connected with Vivek Murthy & Jane Dutton

Learn practical easy-to-use strategies to reduce feelings of isolation even while physically distancing.

Soaring into Altruism: Gaining a Sense of Control by Helping Others with Jane Dutton

Doing something kind without the expectation of receiving anything in return enhances emotional and physical well-being.



Self-Compassion workshop
with Kristin Neff



SOARINGWORDS' SOARING INTO STRENGTH POSITIVE HEALTH WORKSHOPS

24 45-Minute Community-Wide Workshops

Soaring into Imagery: Tap into Your Inner Knowledge to Heal with Rachel Epstein

Learn to access internal clarity and guidance with ease.

Soaring into Narrative: The Power of Positive Storytelling with Tal Ben-Shahar & Margarita Tarragona

Taking an active role in the way you think about and share your life story leads to more agency.

Soaring into Gratitude: Building a Gratitude Practice in Your Life with Dan Tomasulo

Explore the pro-social benefits of gratitude on personal well being, relational well-being to others, and communal flourishing.

Laughter is the Best Medicine: The Therapeutic Benefits of Laughing with Tayyab Rashid

Learn about how smiling lifts emotions; the power of mirror neurons and other simple interventions to boost your immunity, your health, and allow you to experience micro-moments of joy.



Unplug to Flourish workshop
with Jonathan Haidt



SOARINGWORDS' SOARING INTO STRENGTH POSITIVE HEALTH WORKSHOPS

24 45-Minute Community-Wide Workshops

Living a Good Life: Meaning & Mattering with Michael Steger, Emily Esfahani Smith & Julie Haizlip

Learn how you can incorporate more meaning and mattering into your personal, professional and community.

Go Wild! Exercise and the Brain with John Ratey & Elaine O'Brien

Learn how fun and simple movements help your brain grow new cells and neural connections that increase learning, happiness and wellbeing.

What to Say & Do to Support Families with Serious Illness or Special Needs with Catherine Lord

Learn how to be a healing presence through actions and words using role-playing and immersive activities.

How to be a Death Doula to Support Loved Ones with Dr. George Bonanno

Feel empowered to support loved ones, friends, neighbors, co-workers, or strangers with meaningful, beautiful, end-of-life experiences to cherish.



Soaring into Narrative workshop
with Tal Ben-Shahar



SOARINGWORDS' SOARING INTO STRENGTH POSITIVE HEALTH WORKSHOPS

24 45-Minute Community-Wide Workshops

What to Say or Do to Comfort People Who are Grieving with Patty Dann

Learn simple strategies to comfort people at their time of greatest sorrow and shift from being fearful or avoidant to being a healing presence.

Unplug to Flourish with Jonathan Haidt & Tiffany Shlain

Learn how to regulate your screen time and news intake to reduce FOMO (fear of missing out) and enhance your wellbeing.

SoaringNutrition: Eat the Rainbow with Joel Fuhrman

Explore the Eating the Rainbow theory of positive nutrition; the connection between food and emotions; and why most diets fail miserably.

The Strength Switch: Strength-based Parenting with Lea Waters.

Learn Strength-based Parenting techniques to accentuate the positive by strengths-spotting in your children, yourself, and your family and friends.



Post-Traumatic Growth workshop
with Dr. Richard Tedeschi



SOARINGWORDS' SOARING INTO STRENGTH POSITIVE HEALTH WORKSHOPS

24 45-Minute Community-Wide Workshops

Positive Rituals with Chip Conley & Jan Stanley

Uncover the power of simple, easy to implement rituals to imbue your lives with meaning.

Positive Affect & Vitality: Tools You Can Use with Martin Seligman

Learn about Seligman's PERMA theory of wellbeing (Positive Emotions, Engagement and Flow, Relationships, Meaning and Accomplishment) and effective ways to move from surviving to thriving.

Learned Hopefulness with Dan Tomasulo & Shane Lopez

Learn the latest scientific findings and techniques in order to shift your thoughts and actions to make hope happen in your life.



The Strength Switch: Positive Parenting workshop with Lea Waters



EXPERT VIDEO WITH DR. RICHARD TEDESCHI



SOARING into Strength



Presented by
Lisa Honig Buksbaum





BUDGET DELIVERABLES

Twenty-four 45-minute Virtual Workshops which include the following deliverables:

Workshop Content:

Professional slides for 24 unique workshops, 24 customized workbooks, scripts, discussion guides, and 72 videos featuring world-renowned Positive Psychology experts (3 expert videos per workshop)

Workshop Facilitation:

Positive Psychology expert facilitator + workshop moderator/administrator

1-hour Train-the-Trainer Session for NJHSA professionals and volunteers

Measurement Impact for all Soaringwords Workshops

Pre- and Post-workshop surveys for each workshop module for each participant;
Executive Summary for individual NJHSA agency leaders.

Cost per workshop:

\$ 2,500



Q&A DISCUSSION



THANK YOU



Lisa Honig Buksbaum
CEO & Founder, Soaringwords
5 West 86th Street, Suite 1500
NY, NY 10024
Lisa@soaringwords.org



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NETWORK of Jewish Human Service Agencies

Upcoming Offerings

June 9 @ 1 p.m. EDT

**Vision 2020: Return on Mission: Leveraging Technology
for Visibility, Insight, & Investment**

Sponsored by

sage Intacct

JUNE 16 @ 1 p.m. EDT

**Vision 2020 Plenary: Poverty in the US and
implications of COVID-19 in developing and delivering
innovate service responses**

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Registration links can be found in our newsletters or on our website: <https://www.networkjhsa.org/>.