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“Understanding Generational Differences” Resources



<https://www.facinghistory.org/>

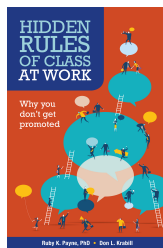
Article: Breaking Generational Cycles: How to End Family Trauma
Dr. Jenni Jacobsen

<https://calmerry.com/blog/grief-and-loss/breaking-generational-cycles-how-to-end-family-trauma/>



Book: The Truth of Our Scars: Untangling Trauma To Discover Your Secret Self

Article: Leadership Legacy: Transcending Generational Trauma in the Workplace <https://liatbenzur.com/>



<https://www.ahaprocess.com/product/hidden-rules-of-class-at-work/>

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Article: Engaging and Managing a Multigenerational Workforce by CLAIRE HASTWELL <https://www.greatplacetowork.com/resources/blog/engaging-and-managing-multigenerational-workforce>

Guide PDF: Washington State Department of Social and Health Services Generations in the Workplace Facilitator Guide : www.dshs.wa.gov

Soul - Centered Basic Skill: Heart - Centered Listening
<https://my.universityofsantamonica.edu/wp-content/uploads/SCF-BS-02-Heart-Centered-Listening.pdf>

Navigating Mental Health in a Multigenerational Workplace by Johnathan Westover
<https://www.innovativehumancapital.com/post/navigating-mental-health-in-a-multigenerational-workplace>

Disruptive Questions:

Disruptive questions enable us to cultivate fresh perspectives and insights about 'what currently is' and 'what could' or 'might be' in the future. They fearlessly puncture 'in the box' thinking to uncover counterintuitive and surprising solutions.

Reimagining Our Work Initiative: Book Collection
ExchangePress.com

<https://coachingfederation.org/>

<https://www.nnstoy.org/stoyblog/trauma-real-connection-can-heal/>

<https://www.nnstoy.org/wp-content/uploads/2018/01/Discussion-Guide-Courageous-Conversations-about-Race-in-Schools-1.pdf>

Examples:

What in my background or personal life is influencing my feeling and thinking right now?

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How can we rethink the questions we ask during professional development, team collaboration, and building-wide professional learning so that they encourage professionals to look through an equity lens?

How do you have conversations with colleagues to help them address biases that they may not see? How might you have someone help you identify any biases that you may not see in yourself or your practice?

What emotions does this bring to the surface for you?

What does this problem/that really mean to you?

How are you framing this problem?

What if we could reframe the problem into an opportunity?

How do my values about diversity and equity play into this situation?

NOTE: Thank you for participating in today's session. For follow up conversations or to set up an appointment to explore having Dr. Veirdre Jackson deliver content to your team, please use the email above or book an appointment on her calendar for an initial conversation: info@livingstrongllc.com **Calendar:** <https://calendly.com/livingstrong/meet-with-dr-veirdre-jackson>