



**Reflect, Reconnect, Restore** is designed to support organizations as they begin to recover emotionally from the trauma the pandemic has had on those who experience it first-hand: the nurses, the doctors, and other support staff.

**RRR** offers a balanced, compassionate climate that acknowledges and examines the grief and trauma of the ongoing pandemic. Through measurable and reliable methods, the program examines self-care and demonstrates improvement in workplace culture.

Specifically, **Reflect, Reconnect, Restore** will:

1. Assist in acknowledging and debriefing the grief resulting from the pandemic.
2. Acknowledge and support a need of closure while still providing ongoing care.
3. Create and support a climate of both personal and professional resilience.



**YOUR LISTENING**  
PARTNER



In the hearts of all who hold dear the mission of service, these times will linger. We look forward to the time we can stop, breathe, and grieve. The losses have been many, but there have also been gains which only become visible when there is time to reflect.

### **The Investment**

This program is organic, flexible and responsive to the organization's ongoing needs, and can include:

- ▶ Training and Facilitation Services
- ▶ Live Training Program

These training sessions are created to be a safe place where individuals reflect on their personal and professional lives as survivors of the pandemic. The sessions include all elements along with opportunities for self-reflection.

We recommend that all meetings be in-person onsite. However, online learning can be arranged to meet the needs of the organization. We also recommend a two-week interval between meetings so that individuals may reflect and assimilate information received.

If interested,  
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