

## Outline "Life After Covid" Part 2

### Applying the Skills - Hands on Portion

---

**6:00 - 6:10** Start the day with a moment and a body "check-in".

**6:10 – 6:30** Check in since Part 1 Presentation and receive Feedback

1) Outline – Since my visit in December, what have you tried or not and why?

Was it easier to show someone else rather than to be successful for yourself?

These skills building presentation is an opportunity to identify personal obstacles that affect performance at work of a somatic nature.

2) Get Feedback - Since December, because of the presentation, what have you noticed more regarding issues with your bodies at work or have other work and personal issues become more apparent, in terms of solutions we can explore here?

**6:30 – 6:45** Demonstrate how to locate, palpate, and work with each area of tension

Based on comments above. I will offer each crew a photograph of general muscle groups they can check in with from the slides to post wherever appropriate.

**6:45 – 7:30** Practice new techniques

We will utilize this time to practice and fine tune techniques taught. It is normal for each participant to experience at least 2 techniques

Working on another is fine if there is explicit permission (needed for my professional ethics).

We can use this opportunity to work with several folks. I have a short exercise to explain this easily.

**7:30 – 7:45** Come back together for discussion

Talk about lessons learned, possible goals for sharing and how that also supports wellbeing

**7:45 – 7:50** Next steps they would like to see (we can find out if a Part 3 is in order)

Discuss how to utilize these and other skills in one's home environment as a technique to connect better in your either family or other social environments.

**7:50-8:00** Takeaways and silent closure

I believe if someone wants to share more or however a situation unfolds, allowing that time is just respectful and reflective for folks which I have built in here.