

Notes from Open Space Topic Convenors

What was your topic or question?

How do we heal ourselves first before we can heal our spaces?

What were major discussion points?

- What is our purpose for being in the health care setting? (i.e., the patient)
- Be comfortable with who we are.
- Remember we are role modeling for the patient/ coworker as well as they for us (mirroring).
- Remember to be me.
- We are all in this together; each person there is just as important as you are.
- Let go of ego.
- Empower each other by acknowledging questions or problems, not trying to solve them.
What do we do to enable someone instead of empowering him/her?
- We need to remember to keep healing ourselves.
- How are we keeping the idea of scarcity in our lives and actions?
- Go within myself and see what the problem is. Then, forgive myself and others and be kind to myself.
- Be a gardener in life, and see how you can help yourself and others grow.

What did you learn?

- Accept yourself for who you are.
- Allow quiet space for introspection and connection with God/goddess/all that is, but also connection in all we do and everywhere we are.
- Take time to heal for yourself.

Whom should we contact for more information?

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