Sanctuary Toolkit:

Community Meeting



How are you feeling?
What is your goal for today?
Who will you ask for help?



How are you feeling?

- Emotional Learning
- People who experience trauma may detach from feelings.
- Putting a word to the feeling help people to connect.
- It also allows you to take the temperature of the room.



What is your goal for today/for this meeting?

- Future Focused
- It should be work-related and measurable.



Who will you ask for help?

- Building Connections
- We acknowledge that we aren't alone.
- It does not have to be someone in the room or related to your goals.

Palm Beach County
Board of County Commissioners