

## **"BEING PRESENT"**

**Sat. Morning, October 3**

**(10 am-1:00 pm MT)**

**Welcome**

**Overview of workshop**

**Brief check-in with participants** – 1 thing you'd most like to explore during these two sessions

**Overview of End-of-Life in 2020** – new ways & old wisdom ways

- Innovations in end-of-life care
- How has the presence of COVID changed how we die, how we give care, how we mourn & grieve?

**Basic introduction to mindfulness & compassionate presence**

- Foundation of non-local consciousness
- Compassionate communication/presence at end-of-life

**Compassionate communication skill-building** (in breakout rooms of 2-3 people)

**(Brief Break)**

**Experiential practice of gratitude & letting-go**

**Discussion of grief & loss**

**Personal inventory of experiences with dying, grief & loss**

- What have your experiences with grief and loss taught you about grief? (Individual journaling)
- How might this impact your work as a community doula? (debrief in larger group)

## **"LETTING GO"**

**Sunday afternoon, October 4**

**(1:00-4:00 pm MT)**

**Welcome**

**Overview of session**

**Audio recording:** "Unspeakable Grace & Journaling"

**How the body dies:**

- Physically, emotionally, spiritually

**Naming and normalizing the changes:**

- consciousness
- mysteries
- symbolic language

**Your wishes for the last part of your life:** (in breakout rooms of 2-3 people)

- Physically, Emotionally, Spiritually
- After-death care
- What you leave behind

**(Brief Break)**

**Discussion of impact of COVID**

- How to be of service when we can't be together physically
- Caregiving, healing
- Vigil, grief support

**Your next steps**

**Closing**