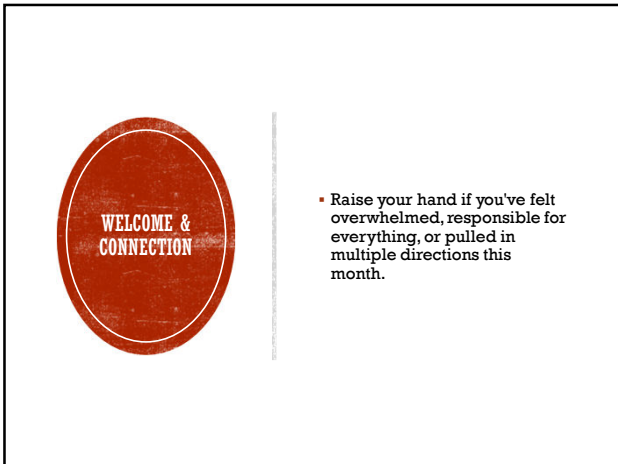


1



2



3

THE REALITY OF THE CLERK PROFESSION

- Public service,
- compliance,
- elections,
- records,
- meetings,
- deadlines,
- community expectations,
- Other duties as assigned



4



POLL ACTIVITY

What word best describes your last 30 days?

5

THE MENTAL HEALTH CONVERSATION



Mental wellness is not the absence of stress.



It is the ability to navigate stress effectively.



6

THE TRAP OF 'OR' THINKING

- Strong OR struggling
- Professional OR emotional
- Productive OR rested

7

REFLECTION

- Where does OR thinking show up in your life?
- In work
- At home
- Both

8

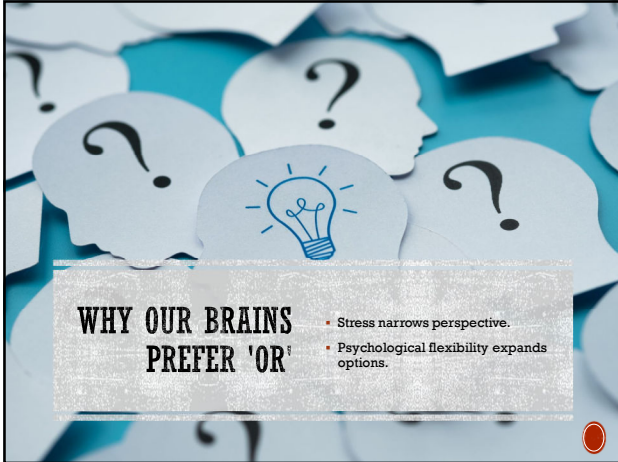
THE POWER OF AND

Overwhelmed AND effective

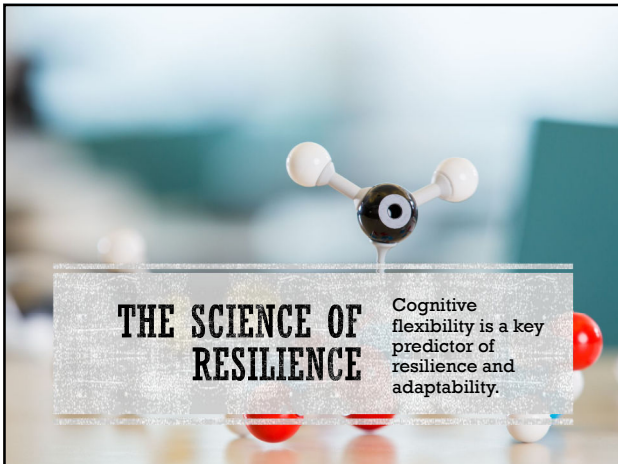
Tired AND committed

Human AND professional

9



10



11



12

DEBRIEF DISCUSSION

- What changed when you added AND?



13

IMPROV INTRODUCTION

The first rule of improv: YES, AND

14



Adaptability

Listening

Presence

Collaboration

15

VOLUNTEER ACTIVITY

Build a story using only 'Yes, and...'



16

DEBRIEF

What happens when we stop blocking possibilities?



17

THE HIDDEN COST OF 'OR'



18

THE BENEFITS OF 'AND'

- Perspective
- Self-compassion
- Resilience
- Better leadership

19

BOUNDARY LANGUAGE

I WANT TO HELP AND I NEED UNTIL TOMORROW.


I CARE AND I NEED A BREAK.

20

THE COURAGEOUS 'AND'

I'm nervous AND I'll do it anyway.

21



PERSONAL REFLECTION

- Write your biggest OR statement.
- Transform it into an AND statement.

22

MY 'AND' COMMITMENT

I give myself permission to be ____ AND ____.

23



KEY TAKEAWAYS

- Mental wellness requires flexibility.
- Leadership requires humanity.
- The power is in the AND.

- I can be:
- Strong AND vulnerable.
- Professional AND human.

24



STAY IN TOUCH

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