

HPOG Thriving: Wall of Appreciation (#Appr-#Ask-#Give)

Made with joy!

DR. NICOLE FEB 04, 2021 06:02PM

THANK YOU SO MUCH!!

Fabulous teams, speakers, workshops, content, ALL OF THE THINGS!!
HPOG Jeannine CCAC



#Appreciation

Coming our of Day 2 like...



LOL...laughin' but totally serious! #loveheartmath – DR. NICOLE

Yes!! – ANONYMOUS

Great teams!!!



 **Joy Clarkson**
@joynessthebrave

This is your gentle reminder that one time in the Bible Elijah was like "God, I'm so mad! I want to die!" so God said "Here's some food. Why don't you have a nap?" So Elijah slept, ate, & decided things weren't so bad. Never underestimate the spiritual power of a nap & a snack.

This is straight FIYAH!!! – DR. NICOLE

Perfect! – ANONYMOUS

HALT when you are hungry, angry, lonely, or tired! – ANONYMOUS

#SelfCare

It is absolutely okay
to take time for self care.



you can't do things well
if you don't feel well.

chibird.com

"Power of the Pause" so powerful!



THANK YOU to Katherine V from Pa for being helpful and making today's task so easy.

Love this Kathy V...#ROCKON! – DR. NICOLE



#Appreciate

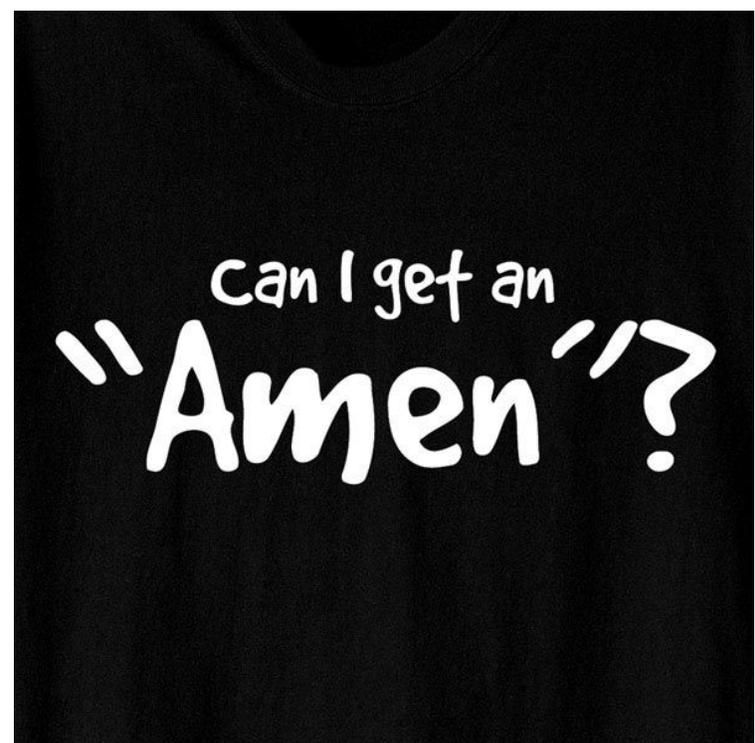
The sense of togetherness among the group



Loved it! – ANONYMOUS

#appreciate

Encouragement to all of us from Dr. Nicole!



Communication cards

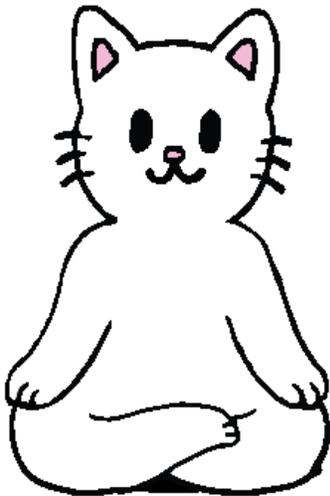
This was such a fun tool to use and I am super stoked to get to use it with my students. I think it might help them break out of their shells! And also super reflective of an area I want to change by minimizing my time on social media!



If you use these cards with your peeps, please let me know how it goes: nicole@tgccconsultinginc.com — DR. NICOLE

#APPR Self-care

How I felt after day 1



With you! — ANONYMOUS

#Appreciate - Thanks to Hawa for sharing some great recruitment ideas! - HPOG, Tashina

#Appreciate

We all have common threads that tie us together. If we just remember that through our sharing and experiences that we can learn from each other. Life will become more meaningful. — Kelli



BFF

I've really enjoyed the breakout sessions and everyone being so open and welcoming! #Kelli



We all have common threads! — ANONYMOUS

#Appreciate I still had my ID from our TA with Nicole and this is a wonderful team building item that reminds me of how much fun we had.

Nuttin' but LOVE for the EdmondsCC Super Squad and welcome Marshanell!!!! — DR. NICOLE

Openness

Thank you all for being so open and welcoming



#APPRECIATE

The amazing stories and superpowers shared in our group!

How to Post to Padlet

1. Double-click anywhere on the screen or the pink bubble w/ '+'
2. Place your cursor at the top of the post-it note and type your name
3. Hit 'Enter' and #Ask - to make a request of the HPOG community, or #Give - to share something with the community or #APPR to appreciate someone in the HPOG community
4. To BLING IT, add pictures by tapping the magnifying glass and enter a search word for a list of images.



#Appreciate

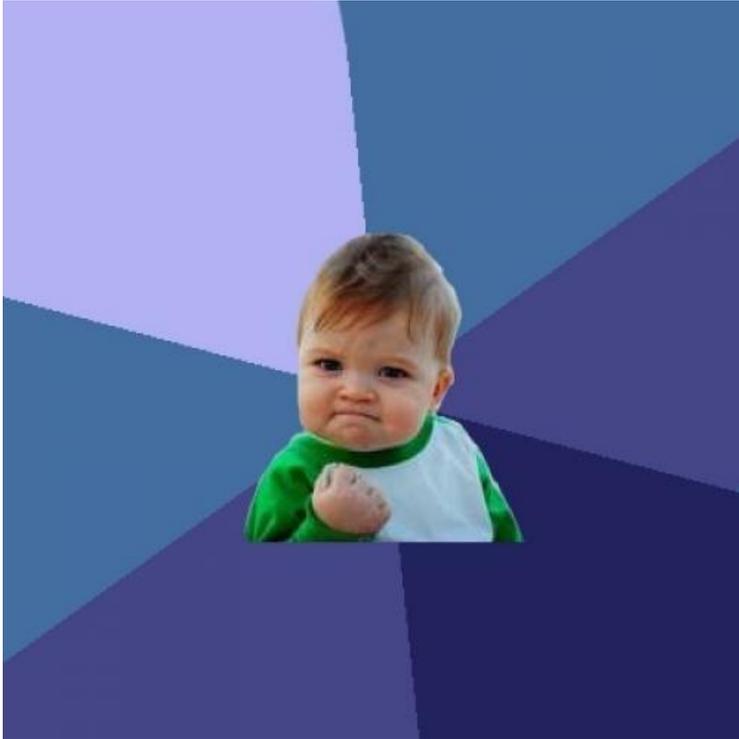
Dr. Nicole's incredible energy and guidance throughout this entire event!

#APPR

Loving the ability to reconnect or connect for the first time with our awesome HPOG grantees. I always learn so much from you ALL - OFA/ Priscila



On it...



Love it – ANONYMOUS

Will from PA is a awesome! He has truly learned time management.

Appreciation Post

Dr Nicole I love your energy and enthusiasm.

I second that! – ANONYMOUS

Nicole

#Give - I have compiled a list of mobile apps so that you can take your mindfulness/calm wherever you land. Check it out here:
<https://docs.google.com/spreadsheets/d/1e4oS3vNnfKs6w4roenbj7UaqKdHnQ10HDnTX06jzsyM/edit?usp=sharing>