

Together, Not Alone

BUILDING PEER AND TEAM SUPPORT



Session Goals:

1

Increase awareness of the importance of peer and team support in reducing burnout and enhancing well-being.

2

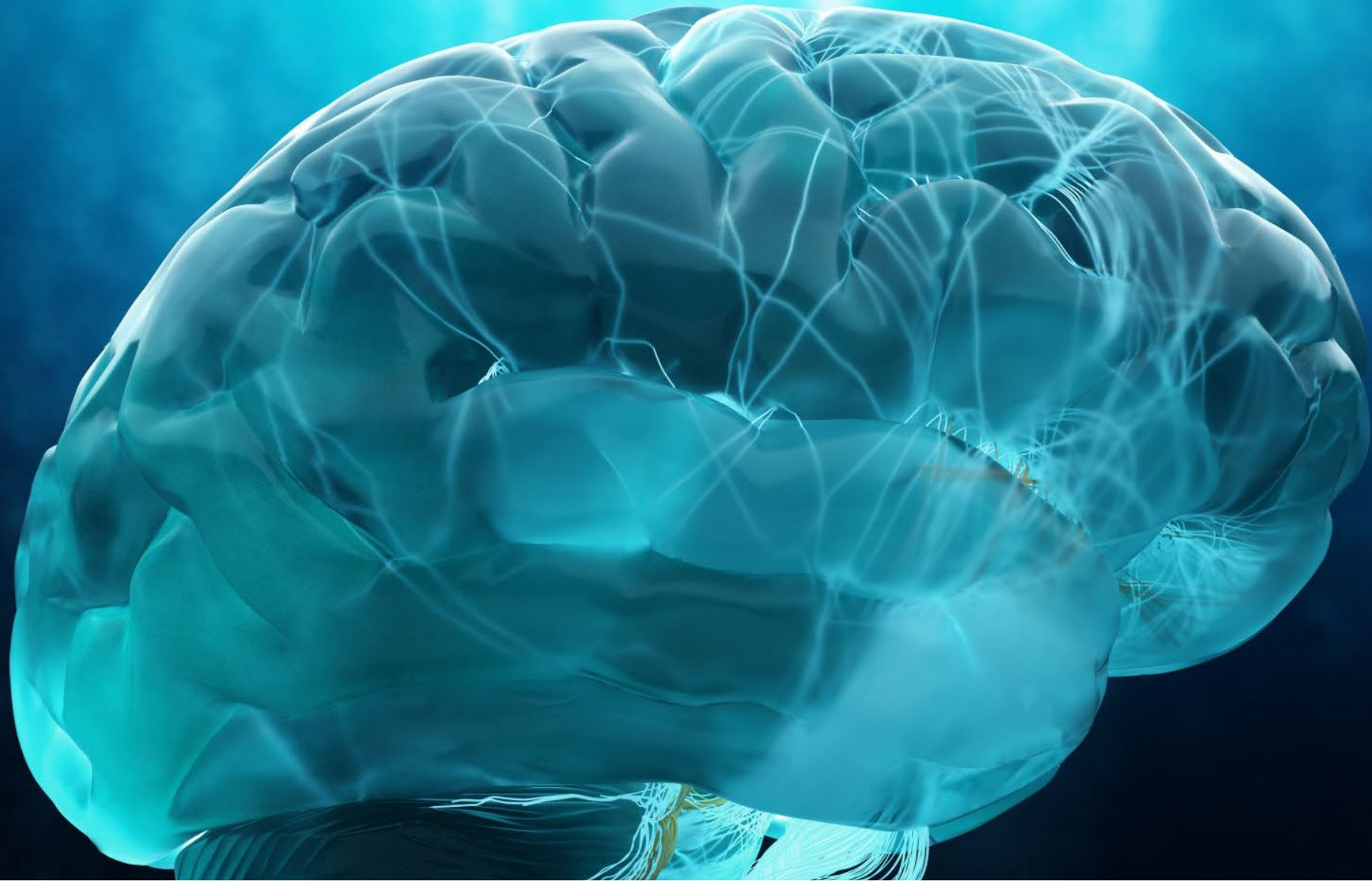
Share practical tools to build a culture of connection, care, and accountability.

3

Provide opportunities for reflection and peer dialogue.



Welcome



Brain + Body Check-In

A photograph of two women embracing. The woman on the left has short brown hair and is wearing a black jacket. The woman on the right has curly brown hair, is wearing a plaid scarf and an orange coat, and has her arm around the first woman's shoulder. They are standing in front of a light-colored wooden fence.

Learning Moment: What the Research Says



Small Group Reflection: What Support Feels Like



Toolkit Spotlight: Team Regulation & Peer Support Practices





Wrap-Up and Close



What Could We Try?

Thank you

