

MiniModule : Connection & Belonging



FASD United
Affiliate Network



Agenda

1. Participants will **reflect** on and gain insight into the ways that Connection & Belonging can be integral to their work regarding FASD.
2. Participants will **gain understanding** regarding the relevance of Connection & Belonging, including mutual trust and authenticity, to their effectiveness in advancing the mission of their organization and strengthening their impact in the FASD space.
3. Participants will **consider strategies** to increase Connection & Belonging to strengthen their effectiveness and impact in the FASD space.
4. Participants will **identify two concrete steps** they can take to foster Connection & Belonging at their organization as a way to broaden their reach and be more inclusive in their particular community, locale, and organization.





WHO IS HERE?



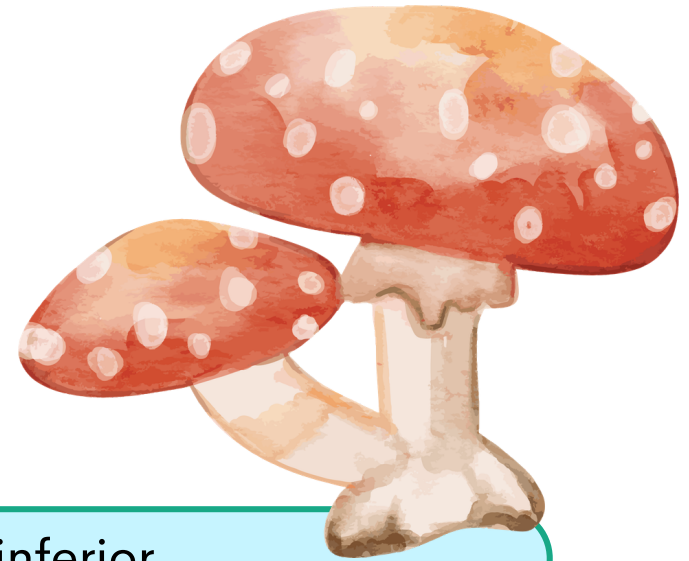
DEFINITIONS

"... belonging is the key that unlocks the best in everyone." -
Susie Wise

Connection: When two or more people feel open to and trusting of one another.

Belonging: When we feel that we fit well into our setting.

Othering: To treat some people as essentially different and generally inferior.



VIDEO SNIPPET: CONNECTION & BELONGING

We'll now view a short video related to connection & belonging. As you are watching the clip, think about:

- Any times where you didn't feel included, as well as times where you felt connected.
- How this applies to your work in FASD spaces.



VIDEO – CAROLINE CLARKE: THE ESSENTIAL POWER OF BELONGING

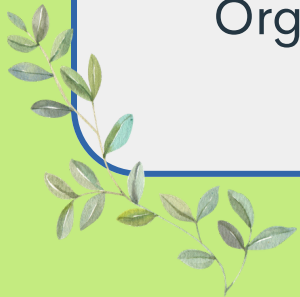
5 min, 21 seconds



BREAKOUT GROUP REFLECTION ON VIDEO

Small Groups (or breakout rooms for virtual meetings) for discussion/reflection:

1. In the context of your own experiences with feeling othered or connected/feeling a sense of belonging, what resonates for you?
2. How are connection and belonging relevant to your work in the FASD space? What questions does this raise for your work in the FASD space?
3. How can we foster Belonging and Connection through our work within our Organization/Group?



CONNECTING THROUGH REFLECTING



Please share your reactions or anything that came up in your discussions.

THANK YOU

Let's root for each other and watch how we grow!

