



Who's Got Morale

LIGHTWORKERS TRAINING

WWW.WHOSGOTMORALE.COM



Who's Got Morale

INTRODUCTIONS



Who's Got Morale



Nice to meet you.
I'm Dr. Rayna B Minors.

a dedicated mother of three
master's degree in public health
a doctorate in educational leadership,
a wellness coach
proud owner of an organization,
Who's Got Morale (WGM)





Who's Got Morale



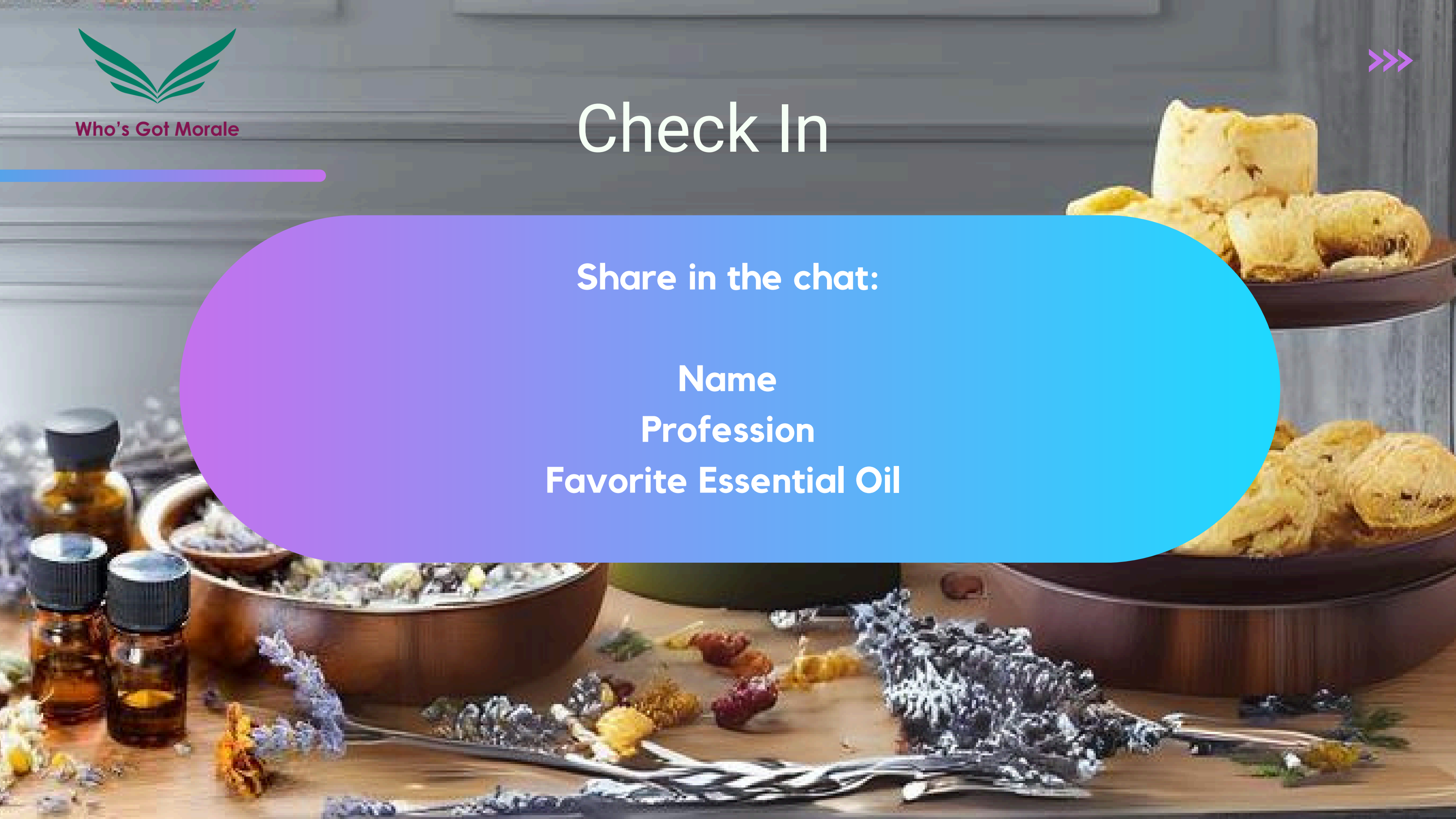
Check In

Share in the chat:

Name

Profession

Favorite Essential Oil





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Mission



WHO'S GOT MORALE IS DEDICATED TO SERVING, RESTORING, AND EQUIPPING BIPOC COMMUNITIES WITH TRANSFORMATIVE TOOLS FOR HEALING.

SERVICES INCLUDE

- DUMI ACADEMY
- YOUTH CIRCLES
- GROUP COACHING
- EDUCATOR TRAINING

WE AIM TO EMPOWER AND UPLIFT. OUR MISSION IS TO PROVIDE CULTURALLY RESPONSIVE, ACCESSIBLE, AND EMPOWERING SERVICES THAT ADDRESS THE UNIQUE MENTAL HEALTH NEEDS OF OUR COMMUNITIES.



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Lightworkers Training

WHO WILL BENEFIT FROM TAKING
THE WORKSHOP?

• YOUTH SERVICE PROVIDERS





Objectives

Objective 1

Self-Reflection:

Explore personal biases through introspective activities, enabling participants to recognize their impact on interactions within the community.

Objective 1

Cultural Competence:

Learn strategies to navigate cultural differences sensitively, fostering inclusive and respectful environments.

Objective 1

Authentic Connection:

Cultivate genuine relationships by understanding and appreciating diverse perspectives, laying the groundwork for impactful community engagement.



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LET'S BRING IT
TO

Light



Who's Got Morale



Statistics



01

High Stress Levels

A survey by the American Federation of Teachers (AFT) in 2017 reported that 61% of educators found their work "always" or "often" stressful, compared to 30% of the general workforce

02

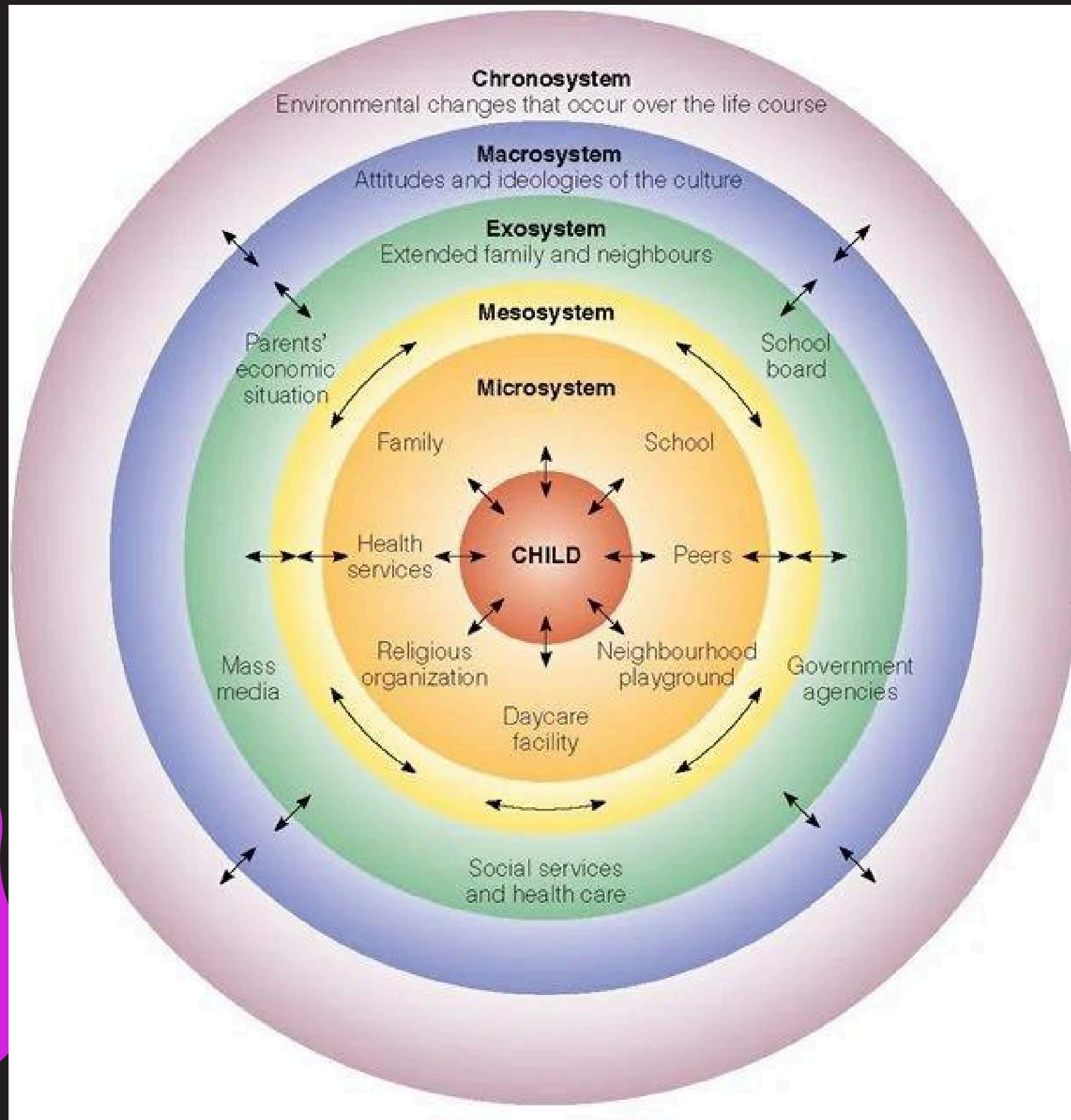
Mental Health Symptoms

Around 30% of youth providers, including teachers and counselors, experience symptoms of anxiety and depression, a rate much higher than in many other professions

03

Impact on Youth Outcomes

A study published in the Journal of Educational Psychology found that teacher stress and poor mental health were directly linked to lower student engagement and academic performance



Bronfenbrenner Social Ecology Theory



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Virtual Circle

Time for reflection.
Looking at ourselves to be more equipt to work with youth



Visualize

Person of safety and peace

Visualize

Betrayal





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Virtual Circle

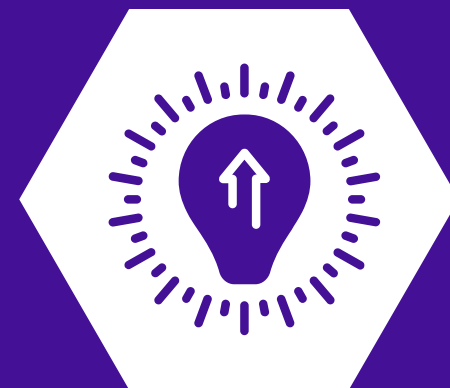
Time for reflection.

Looking at ourselves to be more equipt to work with youth



What behaviors are associated with safety?

What behaviors are associated with betrayal?





Cultural Influence

CULTURAL EMPOWERMENT

Create space for children of color to understand and appreciate their own cultural backgrounds. Empower them to navigate diverse social landscapes, advocate for themselves, and develop resilience

COUNTERACTING STEREOTYPES

Present cultures in a positive light, these spaces can challenge harmful narratives and encourage children to see their cultural background as a strength rather than a barrier.

BUILDING INCLUSION

Build trust and mutual respect within diverse communities, fostering a more equitable and just environment for all child.



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How to cultivate culture?



01

Rituals

Structured and often symbolic activities or ceremonies that are performed regularly and hold significant meaning for the individuals or groups who participate in them. Repeated over time (daily, weekly or annually).

02

Experiential Learning

Experiential learning is a powerful educational approach that builds connections on multiple levels—between learners, concepts, real-world applications, and within communities. It often involves emotional engagement, whether through overcoming challenges, achieving goals, or reflecting on experiences.

03

Products

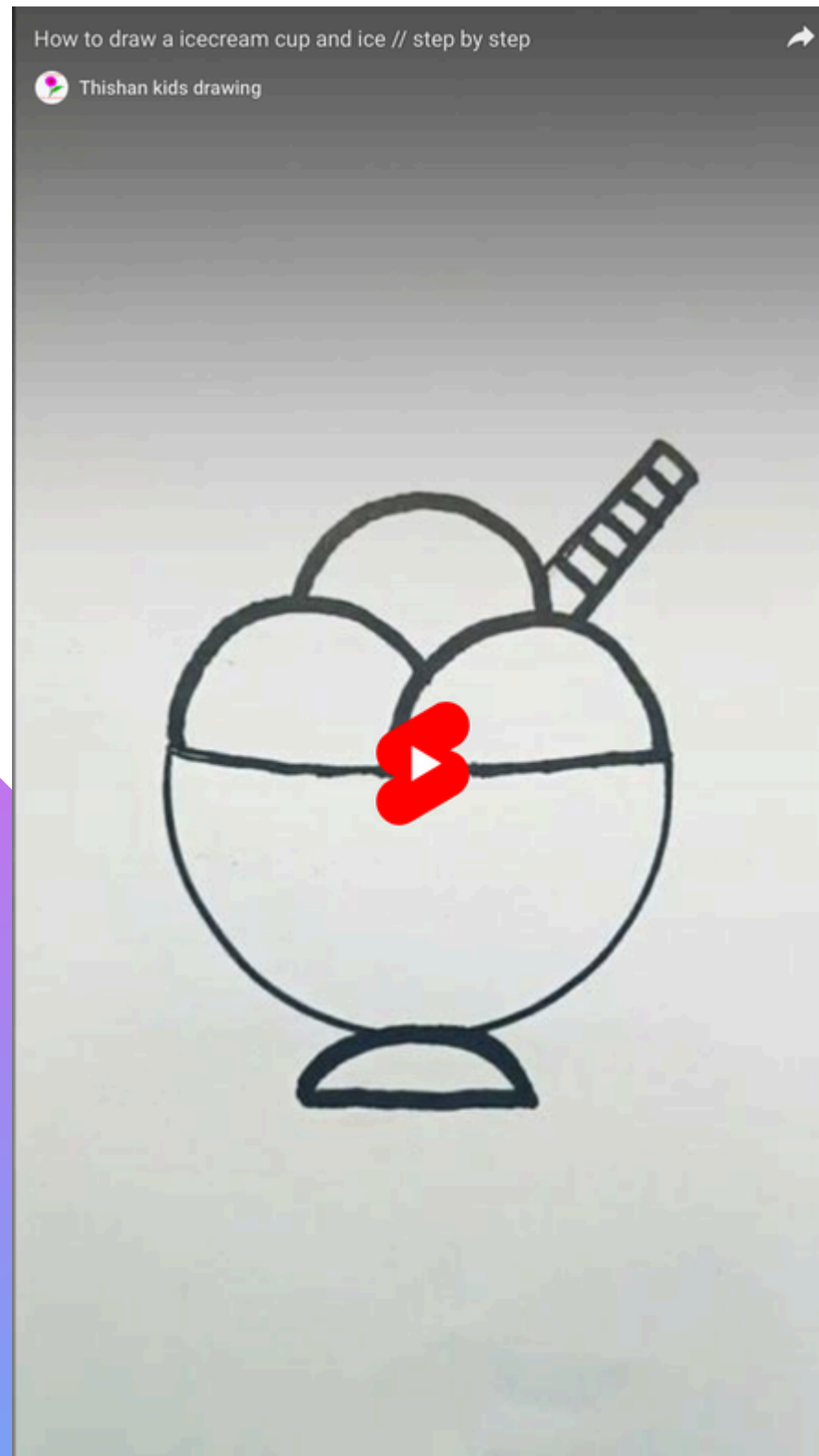
Creating a product often involves different skills and expertise. When people rely on each other's strengths to complete different aspects of the product, they develop a mutual respect and trust in each other's abilities. The product becomes a symbol of the bond created.



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Let's Do An Activity



Draw a bowl of ice cream. Each bowl must have 3 scoops. In each scoop of ice cream write one person you want to create a new experience with to build a stronger bond.



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Q & A

Services

Dumi Academy
Youth Circles
Group Coaching
Educator Training

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