

L.E.A.D.

Leadership Exploration And Development

December 2018

Self-Care

Self-care can be simply defined as engaging in any activity for the sole purpose of ensuring our sanity, our emotional wellbeing, and our physical health. Self-care is not an indulgence and it does not have to be a grand act worthy of sharing on social media.

Questions of Self-Care

Q: Where would I fit self-care into my busy schedule?

A: We make time for the things that we want and we make excuses for the things that we do not want. The real question is “What do you want to make time for?”

Q: Shouldn't I be doing something more productive?

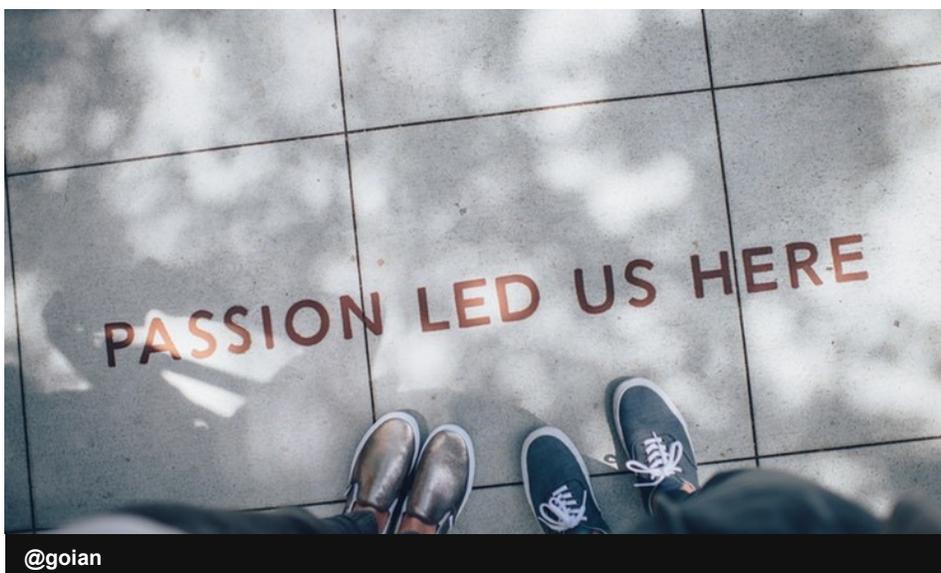
A: Should is dripped with shame and guilt. I should go to the gym. I should eat healthier. I should had known that. If you do something because you should, the likelihood of enjoyment is low. Look at it from a “choose to” and “choose not to” perspective and stop should-ing.

Q: Won't others think I'm selfish and possibly resent me?

A: Our sole purpose in life is not to live for others. You are allowed to find your own happiness. Do not concern yourself with those that would judge you; chances are, they are envious of you.

“Nourishing yourself in a way that helps you blossom in the direction you want to go is attainable, and you are worth the effort.”

- Deborah Day



@goian

In This Issue

- Self-Care
- D.S.S. Supervisor of the Quarter
- Top 10 Most Relaxing Songs
- 2019 KICKOFF
- VMS Resource Fair
- Appreciation Lunch



@ Ariel Besagar

Supervisor of the Quarter CHRISTINA ESCOBEDO, SPSS

Christina Escobedo have been with the Fresno County Department of Social Services for 24 years. She has been and is currently a supervisor since June of this year.

Although Christina identifies herself as a very cautious person, she have demonstrated fearlessness and relentlessness in her pursuit of continuously bettering herself, both professionally and personally. One of the characteristics of a truly genuine and authentic person is being open and fair to opportunities and people, and Christina quintessentially encompasses this trait.

Christina enjoys baking, watching documentaries, reading, and snuggling with her puppy outside of work.

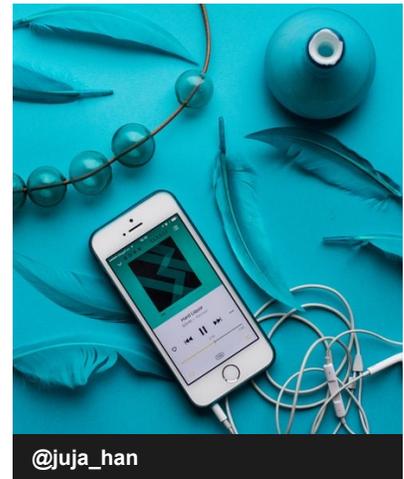
For her dedication, VMS Family Counseling Services have identified Christina Escobedo, SPSS—Eligibility Ongoing, as the Supervisor of the Quarter (October-December 2018).

TOP 10

MOST RELAXING SONGS

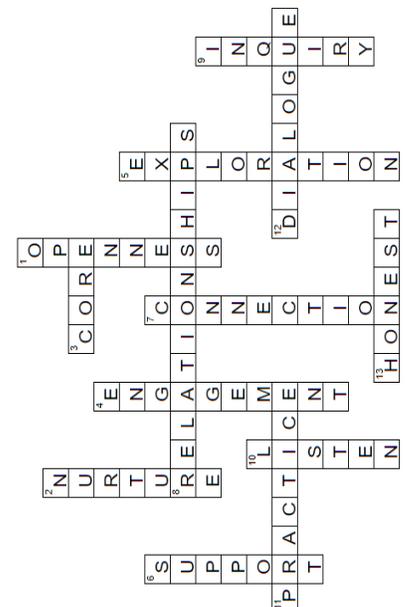
- 10) Weightless by Marconi Union
- 09) Electra by Airstream
- 08) Mellomaniac by DJ Shah
- 07) Watermark by Enya
- 06) Strawberry Swing by Coldplay
- 05) Please Don't Go by Barcelona
- 04) Pure Shores by All Saints
- 03) Someone Like You by Adele
- 02) Canzonetta Sull'aria by Mozart
- 01) We Can Fly by Rue du Soleil

-Mindlab International



@juja_han

CROSSWORD ANSWER



2019 KICKOFF

EXPLORATION & ENGAGEMENT

Our ears are great! They allow us to listen to others and forge new understanding of another's perspective.

We listen to seek out information, to understand, for sheer pleasure and enjoyment, and to learn.

Below are some tips for actively listening.

- 1) If you are finding it difficult to retain or to concentrate on what someone else is saying, you can stay focus by repeating the words mentally as the other person says them.
- 2) Limit distractors, both mentally and physically, to give the speaker your full attention. Distracting thoughts and preparing what you are going to say next can limit your retention and understanding of what the speaker shared.
- 3) Minimize or eliminate interruptions. Interrupting others not only take away from the message, but it also frustrates the speaker.



VMS Family Counseling Services. October 29, 2018.

COSTUMES AND PUMPKINS AND CANDY, OH MY!

VMS Family Counseling Services held its first resource fair on Monday, October 29, 2018. The purpose of the event was to connect Fresno County resource parents with community partners for the betterment of the children under their care.

The resource fair was an opportunity for Fresno County resource parents to learn about the benefits available to them within the community and to connect with representatives from several vendors. Community partners were present to answer questions, provide additional resources, elaborate on services, and hand out candies to the attendees.

Participants include:

California Association for the Education of Young Children (CAAEYC)
Fresno County Public Library
black infant health
The Say Yes! Foundation
Infant of Prague
Aspiranet
California Conservation Corps
Centro La Familia

2-4-6-8, YOU ARE APPRECIATED!

It was a special thank you to the Department of Social Services supervisors and program managers on Thursday, December 6 as VMS Family Counseling Services hosted an appreciation luncheon.

The lunch was held at West Fresno Regional Center. In total, around 35 D.S.S. staff attended the event. At the start of the luncheon, the VMS L.E.A.D. supervisor, Garbralle Conroe, praised the supervisors for their time and their dedication in providing families with exceptional services.

The D.S.S. is full of extraordinary individuals who often give so freely of themselves every day in a very stressful and thankless job. And although these supervisors and program managers come from different backgrounds and experiences, they all have one thing in common: they exemplify the human spirit of helping others.

MISSION

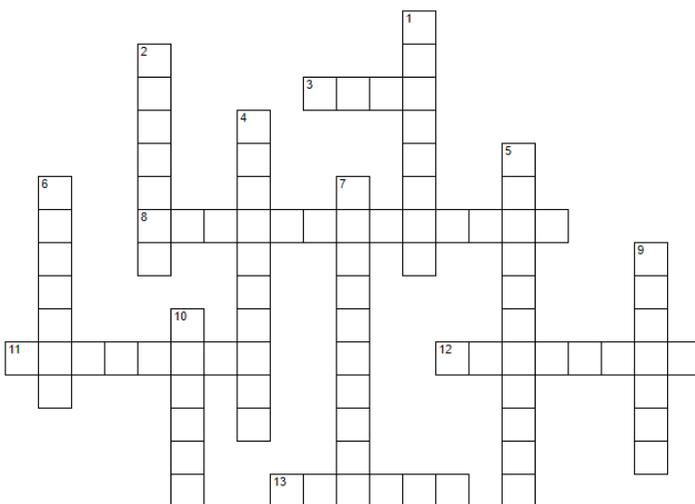
To support, empower, and build the Department of Social Services supervisors by providing them with trainings, coaching, and the necessary tools that will empower them to the best of their ability to reach their ultimate goal of keeping chil-



Supervisor Appreciation Luncheon, Dec. 6, 2018

LEAN IN, LIFT UP and CONNECT to CULTURE

Core Practice Elements



ACROSS

- 3) middle of an apple
- 8) anagram of rhinoplasties
- 11) avail oneself to
- 12) conversation between people
- 13) upright and fair dealing

DOWN

- 1) frank attitude
- 2) feed or support
- 4) pledge of marriage
- 5) a careful systematic search
- 6) bear the weight of
- 7) relation between things
- 9) fact-finding pursuit
- 10) concentrate on hearing