1) How have you personally adapted to life during & post-pandemic? What adjustments have you made to better accommodate your emotional and professional needs? How might these adjustments be possible and/or challenging for your participants?

2) Think about a participant who may have had trouble engaging. See if you can identity possible external barriers for engagement rather than placing direct ownership on the person. Systemic barriers? Societal barriers?

3) Considering the whole person when we support others: How can you support your participants to care for their WHOLE personhood while trying to succeed for program tasks/goals? What's happening in their support circle? Living environment? Community? How can you address systemic stress to improve outcomes? (Referrals, resources, emotional support, etc.)

4) What programs or systems are requiring you to push participants to move forward? How do these systems accommodate for mental health needs? If they don't, how can you advocate for temporary or permanent systemic change to improve engagement and outcomes for folks?