



DAVIS PHINNEY

Foundation For Parkinson's

every victory counts®

WORKSHOP WORKBOOK

DAY 1: THE BIG PICTURE



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BUILDING RELATIONSHIPS: HANDS-ON WORKSHOP

With
Gabby Dimotsantos
Community Engagement Manager

Workshop Overview

In this workshop, we will learn the power of consistently investing in relationships within your community – whether within a small group, the Parkinson’s community, or across sectors.

We will explore tools, processes, and best practices for creating a shared purpose, collaborating effectively, building trust, leveraging personal strengths, and identifying and seeking new collaborators through conversation and interactive activities.

Building Relationships

Building strong and sustainable relationships is a foundational necessity in accomplishing any goals with a group. During this session, you will gain ideas for building and enhancing stakeholder relationships through several activities.

In-Session Activities:

- Activity 1: Shared Purpose... **5**
- Activity 2: Reflect and Exchange Ideas... **6**



Try at Home:

- Ideas for Building Relationships... **8**
- Reflections and Journaling Prompts... **10**



Remember, this is a long game. When you take the time to lay a solid foundation and build toward your big goal through scaffolding, your chance of success and sustainability will be greater than if you let urgency drive you too far, too fast.

Building Relationships



Activity 1: Shared Purpose

*Place your Workshop Questionnaire here.
It's a sticky questionnaire!*

Discussion with your group:

- Which statements resonated with you and why?

Building Relationships



Share and Brainstorm:

Share notes or observations from the previous prompts.

If you have time, brainstorm with your group:

- How can you use the ways you create connections in your community to potentially access that relationship you are struggling to build?

Building healthy relationships in a group is easiest when (1) everyone feels they have a shared purpose and (2) are a part of a common goal. There will be challenging moments; however, they are easier to navigate when those two are in place.



Building Relationships

Try at Home: Ideas for building relationships

Ice-Breaker Questions:

Fun, engaging, and low-stakes questions can be key ingredients when building deep, trusting relationships as a group. Taking time to get to know people via activities like this is one of many facilitation techniques that has allowed the Davis Phinney Foundation to build deep connections in large and small communities all over the US and Canada.

With ice breakers, we recommend considering:

- What is the energy and trust level in your group?
- Where do you want it to be?

Find questions that will help you get to or stay in alignment with your goals for group dynamics.



Below are some questions our groups have enjoyed:

- What is/was your least favorite fashion trend?
- What is a personal or professional highlight from the last [timeframe]?
- What is your favorite word and why?
- What was your first job?
- What is your favorite potato preparation?
- Which Crayola crayon color best matches your personality?
 - *(If virtual, we like to share a link to the Wikipedia page with a list of every Crayola color.)*
- If you were no longer a person (silly, yes) and instead a Chopped Mystery Basket, what four ingredients would you be?
 - *(Your ingredients can be a food item consisting of multiple ingredients, like leftover pizza, or a single food item consisting of one ingredient, like salmon.)*



Building Relationships

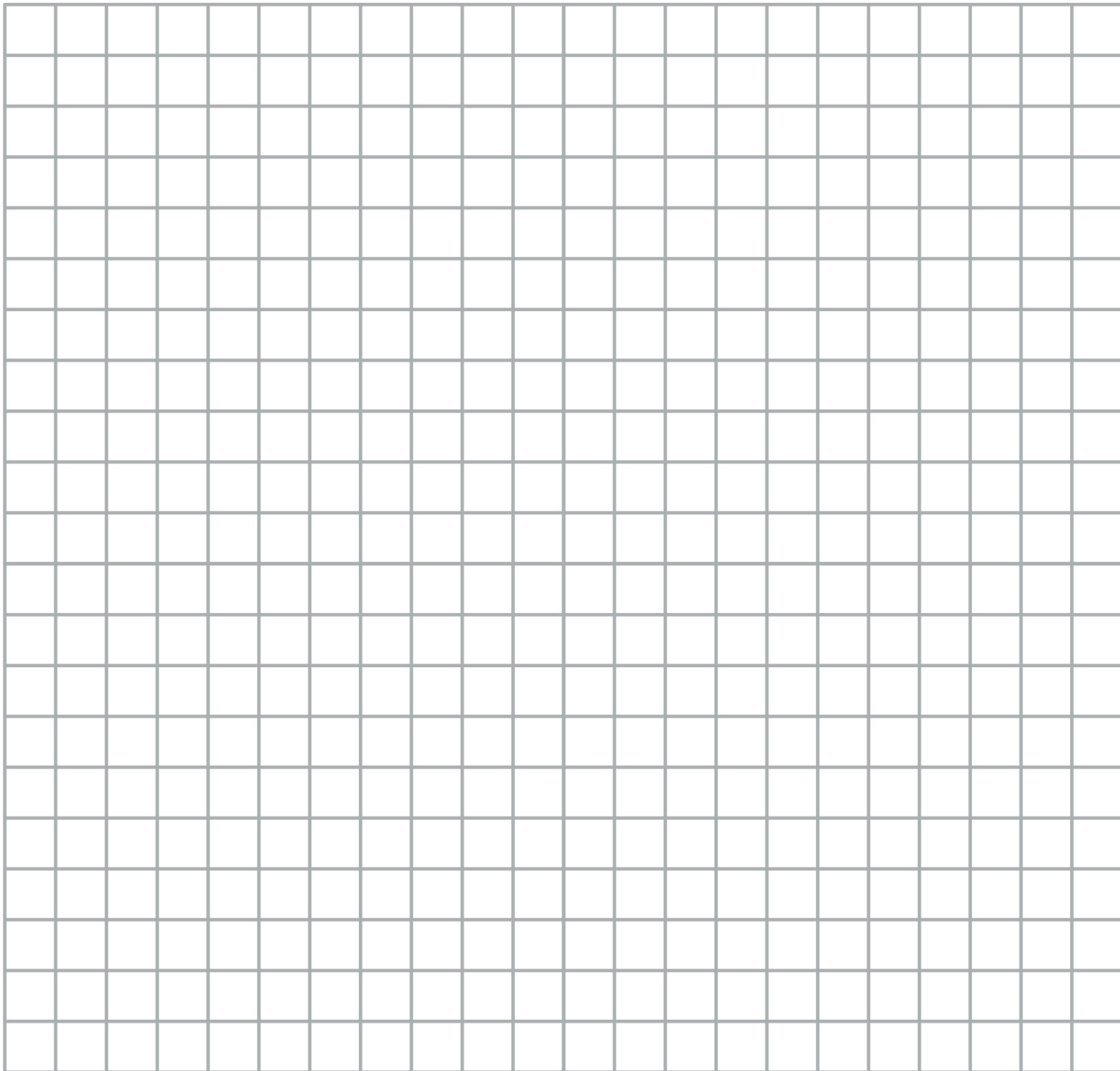
Reflections and Journaling Prompts

Below are questions to ask yourself. You can keep the reflections to yourself or use them to build deeper relationships and effective partnerships in your community.

- What unexpected relationships have opened doors in your life or work?
- What is/was one of the most rewarding relationships you have built? What were some key moments that made it so rewarding?
- What have been some of your most transformative relationships? Why and how did they impact you?

When we can see the humanity in everyone around us and find creative ways to learn about one another, it makes it easier to trust each other and leverage each other's strengths.

Some people with Parkinson's indicate that using graph paper helps with micrographia (small handwriting). Try it out here and see if it helps you, too!



Leveraging Strengths

Building community around purpose, goals, and strengths leads to meaningful outcomes, more fulfilled groups, and less burnout. During this session, you will identify your superpower(s) and determine how it can help you move your group forward to achieve your BIG goals.

In-Session Activities:

- Activity 1: You Have many strengths!... **13**
- Activity 2: Reflections... **14**



More Tools and Resources:

- Do more of what you love and less of what you don't tool from Entrepreneurial Operating Systems... **16**
- Impact Effort Matrix... **18**



It is important that you build your community with and around your purpose, goals, and strengths.

Leveraging Strengths



Activity 1: You have many strengths!

Below are questions for you to ask yourself during or after the workshop.

- What are my greatest strengths? Alternatively, what have people I trust told me are my strengths?
- What do I bring to my community?
- What do I need from my community?
- What outcome do I desire for my community?

Maybe you are:

- A fierce advocate for what is right
- Highly organized and can get things done efficiently
- Someone who knows how to make people feel important
- A creative thinker who likes to challenge norms
- Someone with a personality that can bring a community together
- A combination of these and more!



Leveraging Strengths

Additional Resource: Do more of what you love and less of what you don't tool from Entrepreneurial Operating Systems (EOS)

What if you could spend most of your time doing work you love and are great at and little time doing work you don't like or aren't skilled in? What impact would that have on your days, weeks, months, or years?

The question to ask first is: "Where is all my time going?" Be that over a week, a month, or even a quarter, consider where you spend your time, effort, and energy - and more importantly, on what?

For this activity, take a piece of paper and simply divide it into four quadrants and title them as such:

Quadrant 1 (Top Left): Work you LOVE and are GREAT at

Quadrant 2 (Top Right): Work you LIKE and are GOOD at

Quadrant 3 (Bottom Left): Work you DON'T LIKE, yet are GOOD at

Quadrant 4 (Bottom Right): Work you DON'T LIKE and are NOT GOOD at

As you reflect on what you spend your time on, fill those activities in the respective quadrants. Use the results to brainstorm how to delegate tasks you don't like and are not good at if you work with someone who likes and is good at those activities.

Try it using the page to the right.

Leveraging Strengths



Additional Resource: Do more of what you love and less of what you don't tool from Entrepreneurial Operating Systems (EOS)... Continued

LOVE/GREAT	LIKE/GOOD
DON'T LIKE/GOOD	DON'T LIKE/NOT GOOD

Citation: Breyley, Dean. "Do More of What You Love...and Less of What You Don't." EOS Worldwide, 12 May 2021.



Leveraging Strengths

Additional Resource: Impact Effort Matrix from American Society for Quality

The Impact Effort Matrix was designed specifically to decide which of many possible solutions to implement. It provides answers to the question of which solutions seem easiest to achieve with the most effects. Matrices like these are very effective filters when you have to choose among a variety of opportunities.

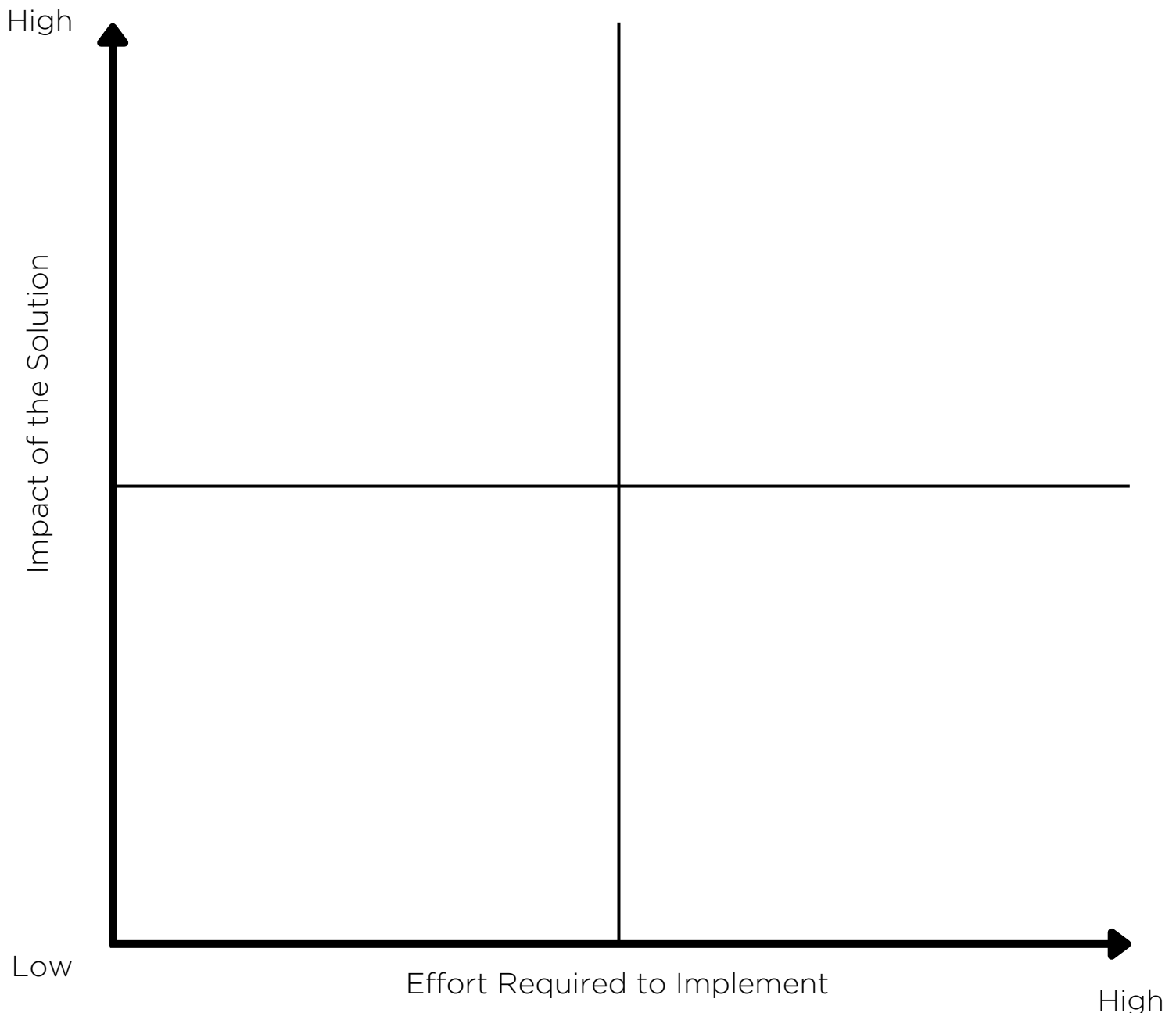
Create your Impact Effort Matrix through the following steps:

1. Note any suggested solutions from previous discussions.
2. Take a piece of paper and divide it into four quadrants using the guiding steps below:
 - a. At the bottom, label the horizontal axis as the effort of the solution. Mark an arrow at the bottom of the page from left to right where the left indicates low effort and the right indicates high effort.
 - b. At the left of the page, label the vertical axis as the solution's impact. Mark an arrow at the left of the page going up toward the top of the page where the bottom is low impact and the top is high impact.
 - c. Assess the effort and impact for each solution by placing the solutions in the diagram according to these assessments. Use a symbol, color, or label to identify each possible solution.
 - d. Solutions falling into the upper left-hand quadrant will yield the best return on investments and should be considered first.

Try it using the page to the right.

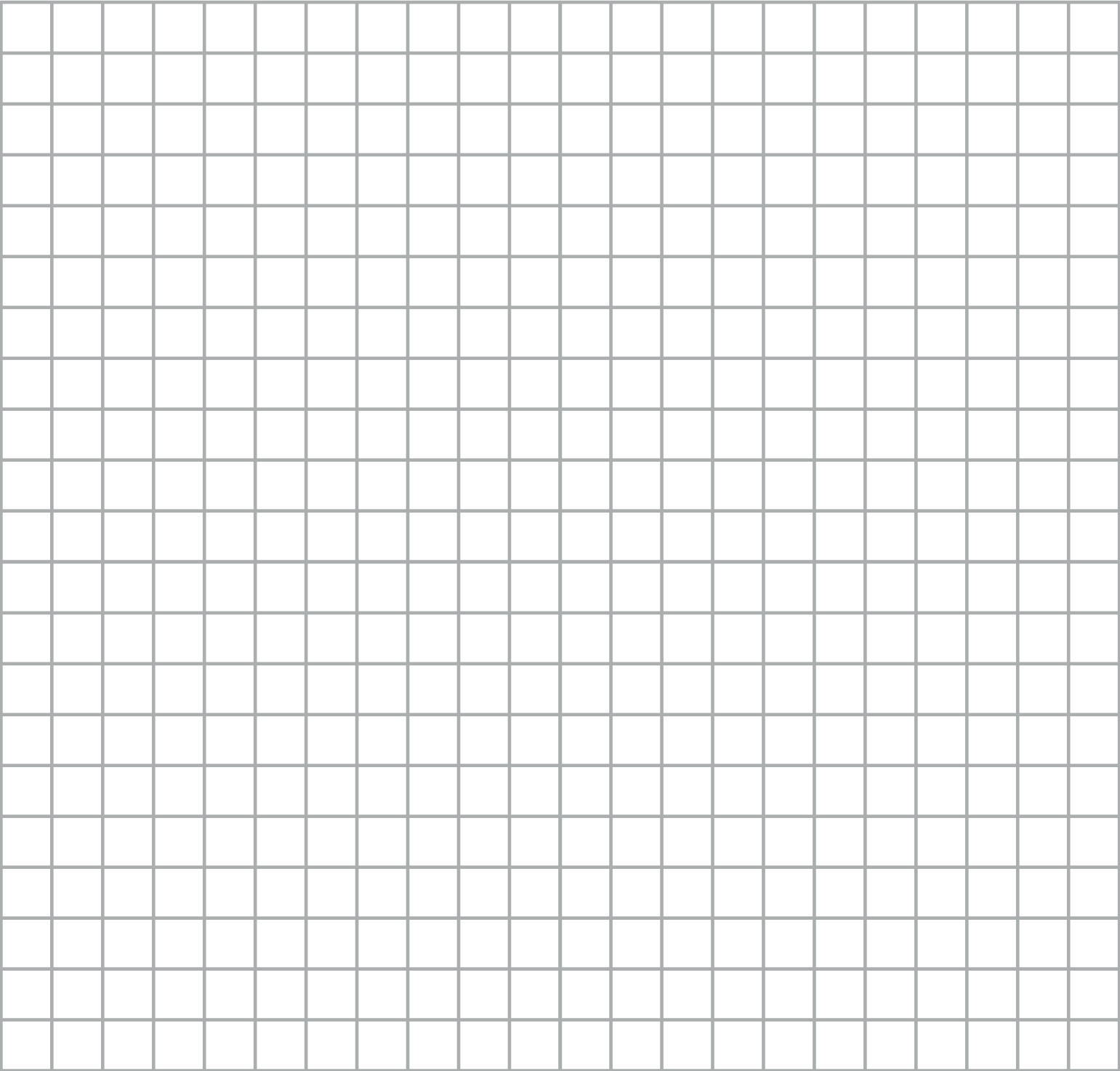


Additional Resource: Impact Effort Matrix from American Society for Quality



Citation: "Impact Effort Matrix." ASQ.

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GAINING SUPPORT: ROUND TABLE SESSION

**With
Sara Linn**

Ambassador Leadership Program Manager

Session Overview

Grassroots community efforts require support from others at an individual, local, and national level.

During this session, we will be discussing challenges and brainstorming strategies around gaining support for your efforts within your community.

For the first few minutes of the session, we will brainstorm as a large group what some of the biggest challenges are when it comes to gaining this support. Once we have a good list, we will break into table groups to brainstorm some possible solutions to these challenges.

Gaining Support: Connecting the Community

Connecting with community members with a variety of backgrounds, abilities, and areas of influence helps leverage diverse strengths to achieve more together.

Session Activity:

- Reflections: Mapping your circle of influence... **23**



Try at Home:

- Resource Mapping Activity... **24**



Resource Mapping is intended to provide a full view of the resources and connections that can help you in achieving any goals toward a healthier Parkinson's community.

Ultimately, each type of connection will help you identify the strengths and areas of need in your community.

These connections will also be integral to creating the long-term and sustainable change you want for your community.



Reflections: Mapping your circle of influence

Consider the reflection questions below as you think about how to expand your networks. Ask yourself:

- Who am I connected to?
- Which connections do I engage to sustain, support, or grow my business?
- Which connections are untapped? Why? What role could they play?
- What important connections are missing? If I had a connection in that area, how would it change your work?



Connecting the Community

Try at home: Resource Mapping Activity

If you are a part of the Healthy Parkinson's Communities Network, this information is consistent with Community 360 Research and accompanying tools.

What resources exist in your community to support your goals? Ideally, you can work together with others on your team to create a comprehensive list of resources in your community so you can begin identifying the holes you might want to begin filling first.

You can use this information to also identify which areas of the community to engage and build relationships with to help achieve your goals.

1. Identify which community domains would help you take your work to the next level.
 - a. Example: Allied health professionals, public health organizations, Parkinson's support group leaders, advocates, etc.
2. Create a chart with each domain listed on the left side of the page.
3. At the top of the chart as columns, list what contact information would be useful to track as you list connections in each of the domains.
4. Work with one or two peers to begin listing connections in each of the domains. Consider which domain(s) are lacking connections.
5. Consider and brainstorm how to continue outreach in your community to fill in any gaps in your domains.

Try it using the page to the right.

Connecting the Community



Try at Home: Resource Mapping Activity... Continued

	Name	Email	Phone	Company	Notes
Allied Health Professionals					
Public Health Organizations					
Parkinson's Support Group Leaders					
Advocates					

TELLING YOUR STORY: HANDS-ON WORKSHOP

**With
Carol Clupny**

Ambassador, Hermiston, OR

and

Everett Graves-Swinney

**Program Associate -
Ambassador Leadership Program**

Workshop Overview

Carol will be leading a workshop on how to tell your story. We will be focusing on the key components of a good story, who to tell your story and why, and how to formulate your own story to share. Bring along your imagination and a pen as we will be writing, sharing, and preparing your own story!

Six Word Story Word Bank

Circle 6 words and arrange them below to create a 6-word story.

LOVE

I

YOU

US

WE

MY

CALL

TALK

HAPPY

TIRED

ANGRY

FEEL

ON

OFF

OUTSIDE

NEED

DO

WORK

SLEEP

COMMUNITY

SUPPORT

LEADER

TRAVEL

QUESTION

LISTEN

DBS

DOPAMINE

TREMORS

DEPRESSED

MEET

FAMILY

CARE

PARTNER

HOME

LIVING

WELL

INCLUDED

THIS

IF

FOR

NEED

HERE

KNOW

BE

WITHIN

THIS

CONNECT

PARKINSON'S

THERAPY

MDS PHYSICAL

THERAPY

OCCUPATIONAL

THERAPY

ROCK

STEADY

BOXING

EXCITED

HPC

CAC

GRANTS

MEDICAL

MEDICINE

DOCTOR

NURSE

COACH

MOTIVATION

CHANGE

GROUP

SERVE

HELP

FORWARD

BACKWARD

IDEA

BEST

WORST

RELATIONSHIP

BUILD

NEXT

ENERGY

RESOURCE

MEANING

BIG

SMALL

STRENGTH

WEAKNESS

THINK

TOOLS

CHANGE

PURPOSE

GOALS

GROWTH

TOGETHER

MYSELF

START

STOP

GIFT

EXCEL

PROTECT

HIDE

DO

DON'T

IS

ISN'T

TOUCH

WHO

WHEN

WHERE

WHICH

WHAT

WHY

PUBLIC

HEALTH

INSURANCE

LIFE

LIVING

TELLING YOUR STORY:

Story Elements

As Carol shares her story, circle each of the elements you observed below.

Be real!

Know your audience/
Connect with them

Imagery - words
describing senses

Purpose/
Persuasive

Memorable

Interesting plot
versus data

Entertaining

Organized

Emotion

Using body's natural
chemical reactions to
your advantage

TELLING YOUR STORY:

Moments of Victory Storytelling Template

Use the questions below to guide how you share your story.

Feel free to use the additional notes pages to capture your thoughts and ideas.

If you are living with Parkinson's

- Briefly describe your journey since diagnosis
- How do you live well each day?
- What do you wish you would've known when you were diagnosed with Parkinson's?
- What do you wish everyone living with Parkinson's knew about living well?

If you are a Care Partner

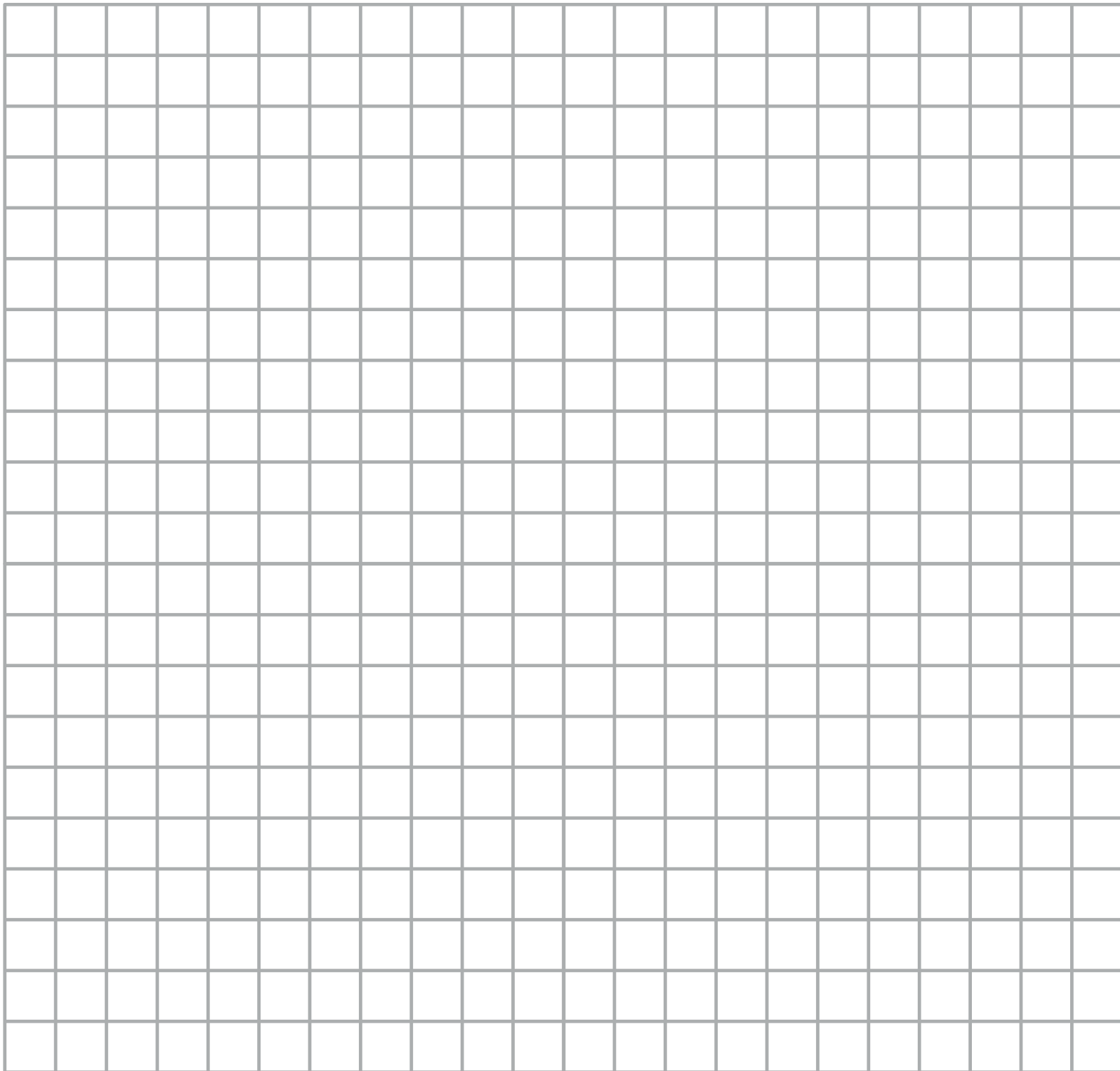
- Briefly describe your journey since becoming a care partner for a person with Parkinson's
- How do you live well each day?
- What do you wish you would've known when you became a care partner for a person with Parkinson's?
- What do you wish every Parkinson's Care Partner knew about living well?

If you work with people with Parkinson's

- How long have you been working with people with Parkinson's
- What kind of work do you do?
- Why did you get into this work?
- What do you enjoy most about your job?
- What is something you wish all of your clients understood about the work you do?
 - Or, what is the one action step you wish your clients would take every day as it relates to the work you do with them?

Some people with Parkinson's indicate that using graph paper helps with micrographia (small handwriting).

Try it out here and see if it helps you, too!





**HEALTHY PARKINSON'S
COMMUNITIES™**



DAVIS PHINNEY
Foundation For Parkinson's

every victory counts®

**THANK
YOU!**

