



CAMP TEFN ANNUAL
CONFERENCE

The Anatomy of A Good Camper
Pamela Benson Owens



MAKE A LIST OF THE WORK RELATED TASKS YOU DID BEFORE YOU ARRIVED AT CAMP OVER THE LAST WEEK.....

?

?

?

?

?

?

Welcome
to Camp!









THE CAMP WARM-UP

What are you bringing to camp this week?



THE MAP.....

Do	Do a camp self check-in and warm up
Connect	Connect with your fellow campers
Identify	Identify the characteristics of a good camper
Be	Be clear on your packing list
Leave	Leave here rested, restored and ready to keep going!

TEAMWORK TIME, WHAT DO THE EXPERTS SAY?

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

WHAT THE EXPERTS SAY.....

Clear knowledge of surroundings/environment

Ability to render first aid

Proper planning

Mental stamina/mental resilience

Leveraging and using the tools you have

Reading the weather

Building a campfire

Survival skills

Navigate using a compass or GPS

Signaling for help

WHAT DOES THAT LOOK AND SOUND LIKE HERE?

- Clear knowledge of surroundings/environment- take some time to explore and soak up this beautiful place
- Ability to render first aid- make sure you are hydrated, comfortable, layered, have chocolate and check on your co-workers too
- Proper planning- map out the sessions you are going to and sit with new campers each day
- Mental stamina/mental resilience- you don't have to over perform on learning during this conference like you do in your day job
- Leveraging and using the tools you have- no need to compare or be weary about what you don't have, be proud of what you do and what you've already accomplished

WHAT DOES THAT LOOK AND SOUND LIKE HERE CONTINUED.....

- Reading the weather- if the room you are in isn't resonating, time is precious, find the room that does.
- Building a campfire- take a moment to sit still and engage in fireside chats all week!
- Survival skills- there is absolutely NO reason to sit in your chair if you need to re-water and de-water, stretch, move about the campsite, step out to get some fresh air!
- Navigate using a compass or GPS- the time to look at what your next session is isn't when you are heading to your next session, let's avoid hallway collisions!
- Signaling for help- time to practice this one!

The background features a dynamic composition of overlapping, wavy, paper-like layers. On the left, a solid dark blue area transitions into lighter blue and white layers. On the right, a solid bright green area transitions into lighter green and white layers. A white speech bubble with a black outline is positioned in the upper left quadrant, containing the text "YOU ARE ALREADY EQUIPPED.....".

YOU ARE ALREADY EQUIPPED.....

SO, UNPACK THE FOLLOWING:

THE NEED TO PERFORM

BEING HALFWAY HERE AND HALFWAY AT WORK

WORRY

STRESS AND ANXIETY

FEAR

EXHAUSTION

GUILT

CARRY THE FOLLOWING:

A MINDSET OF REST

A WONDER AND CURIOSITY TO LEARN SOMETHING NEW

A SENSE OF HUMOR

A DESIRE TO LEAN-IN TO SELF CARE

A STOP AND SMELL THE ROSES, LOOK AT NATURE, EAT THE COOKIE MENTALITY

A WILLINGNESS TO REMAIN IN THIS HEADSPACE WHEN YOU RETURN TO WORK



PEACE