



Power to Practice: Connecting Joy to Meaningful Work

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Community Agreements



Stay Engaged

Maintain an open mind (and heart) about what you're learning



Speak Your Truth

Be honest, be willing to share, and be vulnerable



Anticipate Discomfort

Address challenges, discomfort can lead to growth



Take space/make space

Speak up when you have something to share, but also create an environment for others to share



Expect Unfinished Business

It's impossible to address the complexities of reproductive justice and sexual and reproductive health in one workshop

Objectives

- Connect to personal elements related to joy, motivation, purpose, and meaning in their self-led journey at the intersection of reproductive justice and sexual and reproductive health.
- Explore joy, motivation, purpose, and meaning through connection with colleagues.

Agenda

- Welcome and Introductions
- Partner sharing and connection
- Group debrief and discussion
- Closing

Grounding Exercise

Position your body in a way that feels most comfortable

Take a deep breath in, and hold your breath for a few seconds, exhale slowly

In your mind, picture yourself in a place, with a person, or in a memory that brings you joy

Consider the scene. What do you see? What do you notice?

Take note of your physical and mental body. How do they feel?

Take a deep breath in, and hold your breath for a few seconds, exhale slowly

-Angela Y. Davis

“

*It is in collectivities that we
find reservoirs of hope and
optimism.*

”

Joy and Meaning in Work





Partner Share Activity

You and your partner will reflect and discuss a series of questions related to joy, purpose, motivation, and meaning.



Instructions

- Identify a partner
 - Introduce yourselves including your name, pronouns (optional), where you live, and what brought you to this symposium
 - Identify a scribe to capture key themes
- Discuss the questions presented, sharing examples or stories as they arise
- Facilitators will keep track of timing to ensure both partners are able to share, and all questions are discussed



Question #1

How do you experience joy in the context of the intersection of reproductive justice and sexual and reproductive health?

What brings you joy in your work in this area?





Question #2

Reflect on the purpose and meaning you find in your self-led journey at the intersection of reproductive justice and sexual and reproductive health.

How do these elements drive your work and shape your goals?





Question #3

In what ways do you find support and community in your work at the intersection of reproductive justice and sexual and reproductive health?

How does this support system contribute to your sense of fulfillment and well-being in your journey?



Recap

1. How do you experience joy in the context of the intersection of RJ and SRH? What brings you joy in your work in this area?
2. Reflect on the purpose and meaning you find in your self-led journey at the intersection of RJ and SRH. How do these elements drive your work and shape your goals?
3. In what ways do you find support and community in your work at the intersection of RJ and SRH? How does this support system contribute to your sense of fulfillment and well-being in your journey?

Group Discussion



Group Discussion

1. As we close our session, what thoughts or insights are coming to mind for you from today's symposium and our discussion on connecting joy to meaningful work?
2. What stood out to you the most from our session on the Power to Practice: Connecting Joy to Meaningful Work? How do you plan to implement any key takeaways into your daily routine?
3. In what ways do you feel empowered to make positive changes in your work environment or personal practices after our discussion on connecting joy to meaningful work?



Questions?



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Thank you!

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Resources



Resources

1. <https://www.ihl.org/resources/white-papers/ihl-framework-improving-joy-work>
2. <https://www.naccho.org/uploads/downloadable-resources/JOY-IN-WORK-TOOLKIT-VFINAL-7-20-22.pdf>
3. <https://conantleadership.com/how-to-find-joy-in-your-work/>
4. https://greatergood.berkeley.edu/article/item/six_tips_for_making_the_leap_to_meaningful_work
5. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9963286/>
6. <https://www.youtube.com/watch?v=qu-JLOt64mM>
<https://happentoyourcareer.com/guide-to-meaningful-work/>
7. <https://gereconsulting.com/joy-at-work-matters/>
8. https://www.purdue.edu/stepstoleaps/new/featured/well-being-tips/2022/2022_0228.php
9. <https://www.linkedin.com/pulse/paradigm-shift-why-meaningful-work-should-your-radar-todd-mei/>