



Meeting Minutes

10/9/2023

Presentation: Get Your S.H.I.F.T. Together by Tracy T. Rowe

There were 13 people in attendance representing five centers. Four board members were present.

Ms. Rowe talked about how things in life shift all the time. Energy, cooking, driving, etc., all shift depending on the circumstances. We need to be careful not to “should” on someone. If we do something for someone, we do it out of the kindness of our heart. We shouldn’t expect them to behave in a certain way just because we did something nice for them. For example, if you let someone merge in traffic, don’t expect them to thank you for your kindness. Don’t “should” on them and start complaining about what they should’ve done. We have total control over our own mindset.

The class did an exercise in which we shook out our energy by literally shaking our entire body. After the exercise the energy in the room felt overall calmer. How do we “feel” after shaking? Don’t be afraid to tap into the child inside you.

We then participated in another activity in which we placed our right hands over our hearts and our left hand on the back of the person next to us. We started by gently patting ourselves on the chest as if patting a baby for comfort. We then shifted from that to rubbing our neighbors back while leaving our right hand over our heart. This demonstrated that we can nurture ourselves and care for others at the same time. Feeling nurtured might feel weird because we usually give more than we receive, so receiving feels foreign to us.

Our next activity involved everyone forming two lines with everyone facing the back of the person in front of them. The last person in each line had five seconds to look at a picture. They then returned to the line and used their finger to draw the picture they saw on the back of the person in front of them. That person did the same to the person in front of them, and so on, until everyone had drawn what they felt drawn on their back on the back of the next person. The person in the front of the line then drew what they felt drawn on their back on a piece of paper. Neither line ended up drawing anything that resembled the original picture. This demonstrated that how we feel things or perceive things can be projected onto other people. It can quickly get turned into something that doesn’t even resemble the actual circumstances.

Our last exercise was a breathing exercise. We listened to a recording and followed the instructions. For various reasons, it was difficult for most of the participants to follow through to the end. Some were uncomfortable closing their eyes, some were distracted, and some didn’t like being told what to do.

We can S.H.I.F.T. our mindset.

S – selfcare: eat well, take a vacation, get proper rest, meditate for pray, and listen to encouraging music.

H – health: focus on selfcare and self affirmation.

I – inner speak: speak positively concerning yourself. Give yourself affirmation.

F – focus: pay attention and focus on things around you.

T – time.

Ms. Rowe concluded her presentation by passing out three door prizes.

Donny Caudill passed out two door prizes from Child Care Aware then dismissed class.