

Thought Leaders Podcast
Weekly Discussion & Resource Guide

Background

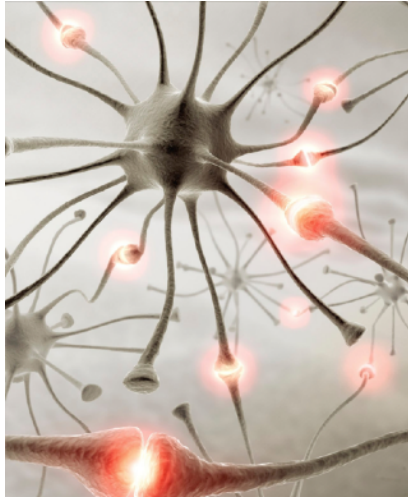
The connective, inclusive nature of the Alliance is focused on removing barriers and establishing a strong cross-disciplinary network of relationships between scientists, experts, practitioners and professionals across multiple sectors within our Region - but we don't want to sing to the regular choir, we want to actively engage and include those who aren't usually singing with us. And that's where you and this podcast come in...

The Thought Leaders podcast features locally-based conversations that flowed out of world-leading expert conversations. We hope you are inspired to keep the conversation going - at your workplace, within your community, and with friends and family.

We'll provide a couple of conversation starters for each episode (a full series discussion guide will follow). Use these or come up with your own based on your knowledge and life experience:

Podcast Series Conversation Starters

- ◆ What are some of the biggest challenges that are facing the children in our community and their families today?
- ◆ Are there any that are specific/unique to the community you serve?
- ◆ How do these challenges/issues intersect with one another?
- ◆ How might conversations impact the work you do?
- ◆ Who is missing or would add value to your conversations?



 **Thought Leaders Podcast**
bringing big ideas home



Kindness, Compassion
& Neural Connection

Listen, get inspired & continue the conversation 

Episode #5
“Kindness,
Compassion
& Neural
Connection”
Available Now

Dr. Dan Siegel calls them VUCA times (volatile, uncertain, complex and ambiguous) and during his conversation with Dr. Jean Clinton he spoke about the freedom and possibility that they held for us as a society. The discussion with local thought leaders that followed explored identity, belonging and so much more. You do not want to miss this conversation - it will change the way you see yourself in community. Host Sanjay Govindaraj asks us to reflect on how we might avoid othering as our community works towards belonging for all. We invite everyone to join the conversation. Check out the Discussion Guide with it's resources and dive in. As you will hear we truly are in this together.

Thought leaders:

- **Dr. Dillon Browne**, Professor, Whole Child Lab, University of Waterloo
- **TK Pritchard**, Executive Director, SHORE Centre

Host **Sanjay Govindaraj**, Dir of Indigenous Initiatives, Anti-Racism, Accessibility and Equity, City of Waterloo

Suggested Discussion prompts:

- ♦ Do you think North America's individualistic identity has helped or hindered us as a society? Is our definition of self too restrictive?
- ♦ What makes people who they are? How would expanding our sense of self and identity change us and our society?
- ♦ Have modern times 'gone off'? If so how? How does your perception of this impact your work and your interaction in our community?

- ◆ What makes you feel a sense of belonging? How does ‘belonging’ change your interaction with others? How might it help our community?
- ◆ Do you and your organization focus on belonging? What enhances or impedes it?
- ◆ Can you cultivate belonging without ‘othering’?
- ◆ What are some of the barriers to belonging that you or your clients/audience may feel?
- ◆ Within your work/community/organization - who gets to belong? Do you actively give space and time to do the work to create the best conditions for belonging? Do you actively work on making connections?

Diving Deeper



Dr. Dillon Browne

Tier II Canada Research Chair in Child & Family Clinical Psychology, Assistant Professor of Psychology (Clinical), Principal Investigator, Whole Family Lab University of Waterloo

Dr. Dillon Browne is Assistant Professor to the Department of Psychology at the University of Waterloo and is the Principal Investigator for the Whole Family Lab. Dr. Browne's program of research examines the influence of Adverse Childhood Experiences (ACEs), trauma, and socioeconomic status on human development. His research considers development in a variety of domains, including cognition, academic achievement, socioemotional functioning, behaviour, and mental health. The approach his research takes is unique in that it applies a “family systems” lens to understanding these developmental phenomena. Specifically, his research seeks to better understand how stress, adversity, and hardship disrupt life for entire families and across generations. As a clinician-scientist, Dr. Browne is very interested in trauma-informed interventions during early life (e.g., Child-Parent Psychotherapy) and systemic approaches to family intervention (e.g., Structural Family Therapy).

<https://uwaterloo.ca/whole-family-lab/>

‘Will Our Kids Be Alright? <https://youtu.be/MBJT1W98tfM>

<https://ottawa.citynews.ca/national-news/organizations-driving-mental-health-initiatives-for-ukrainian-newcomers-families-5368624>



TK Pritchard
Executive Director, SHORE Centre

TK is the Executive Director of the SHORE Centre. Formerly the Public Education Manager for the Sexual Assault Support Centre (SASC) of Waterloo Region. TK enjoys guiding meaningful conversations with people of all ages about masculinity, gender, healthy relationships, consent and more, using engaging activities and evidence-based practices. He is passionate about queer and trans issues, intersectional feminism, body positivity, and ending gender-based violence. Previously, TK was the Male Allies Program Educator for SASC, has worked as a Sexual Health Educator for SHORE Centre (Planned Parenthood) and a Chapter Coordinator for a national mental health charity.

<https://www.shorecentre.ca/about-shore-centre/>

<https://www.therecord.com/news/waterloo-region/2020/07/02/shore-centre-names-new-executive-director.html>

<https://insidewaterloo.ca/dada-youre-beautiful-too/>



Dr. Dan Siegel
UCLA Clinical Professor of Psychiatry, Author
Executive Director, Mindsight Institute

Dr. Siegel is a Clinical Professor of Psychiatry at the UCLA School of Medicine and the founding co-director of the Mindful Awareness Research Center at UCLA. An award-winning educator, he is a Distinguished Fellow of the American Psychiatric Association and recipient of several honorary fellowships. Dr. Siegel is also the Executive Director of the Mindsight Institute, an educational organization, which offers online learning and in-person seminars that focus on how the development of mindfulness in individuals, families and communities can be enhanced by examining the interface of human relationships and basic biological processes. His psychotherapy practice includes children, adolescents, adults, couples, and families. He serves as the Medical Director of the LifeSpan Learning Institute and on the Advisory Board of the Blue School in New York City, which has built its curriculum around Dr. Siegel's Mindsight approach.

<https://drdansiegel.com/book/the-developing-mind/>

<https://www.uclahealth.org/marc/default.cfm>

<https://www.mindsightinstitute.com/?campname=dds-links&camplink=DDSBio>



Dr. Jean Clinton
Child Psychiatrist, Knowledge Translator, Author

Dr. Jean Clinton of McMaster University is one of four renowned experts to advise the Ontario government on bold reforms to the province's publicly funded education system. The clinical professor of psychiatry and behavioural neurosciences of the Michael G. DeGroote School of Medicine is a specialist in child psychiatry. Her expertise is in the development of young minds and she is recognized internationally as an advocate for children's issues. Her special interest lies in brain development, and the crucial role relationships and connectedness play therein. She has authored papers on early child development and poverty, infant neglect, children's mental health, resilience, and on adolescent brain development.

Dr Clinton holds a Bachelor of Music Degree in Education and a medical degree and Fellowship in Psychiatry from McMaster University. Jean's greatest accomplishment is being the mother of 5 great kids who range in age from 21-31 years.

<https://drjeanclinton.com>

'Love Builds Brains' by Dr. Jean Clinton

<https://tallpinepress.ca/products/love-builds-brains>