



# Learning Circle Discussion Guide

## Coping Card Sort

### Directions

In your self-defined Learning Circle, a peer facilitator leads a discussion and/or role-play leveraging the talking points below to process the training content from the most recent learning event. Please reflect on all learning topics to date as you discuss today's content including personal life experiences and how these topics might be woven into your day to day work and ultimately impact those individuals you serve.

### Discussion Questions

1. Based on what you learned in this session, how would a conversation about self-care add value to your work?
2. How might the information learned from a Coping Card Sort enrich a relationship?
3. In what other workplace scenarios does the concept of dominant coping skill have an impact?
4. Discuss the values statements on the Coping Card Sort activity to see how you might engage a person in conversation around absence of positive coping skills.
5. If time permits and volunteers are willing, engage in a role-play where you practice the Coping Card Sort activity. Focus on:
  - a. Explanation of the activity
  - b. The coping skills and dominant coping strategies