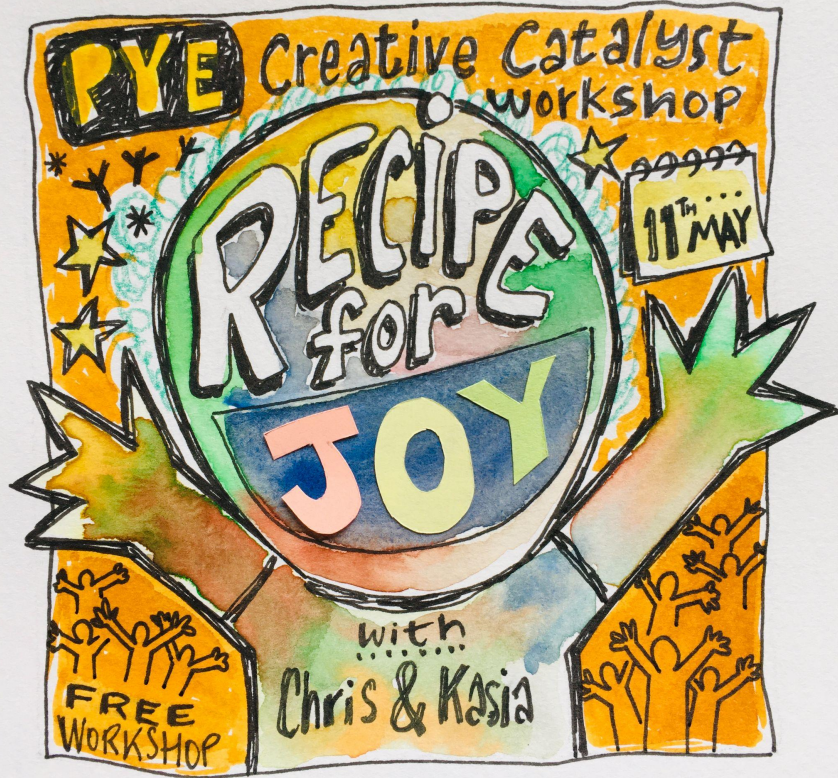




PARTNERS FOR YOUTH EMPOWERMENT

RECIPE FOR JOY

with Chris Malapitan & Kasia Skuratowicz



Welcome!

We will get started on the hour.

Please turn on your video
if possible before we begin.

Introduce yourself in chat!

Share your location and one thing that
brought you joy today



**PARTNERS FOR YOUTH
EMPOWERMENT**

If you are having any issues with technology, please visit zoom.us/support. If you are still having issues, you can chat with our support person privately through the chat feature. They are listed in the drop-down menu in the “to”-line of the chat box, with the name “🔔 Ask Me! | Susan, PYE Global.”

Group Introductions

Gallery view & everyone unmute

1st speaker volunteer (afterwards, call on the next person)

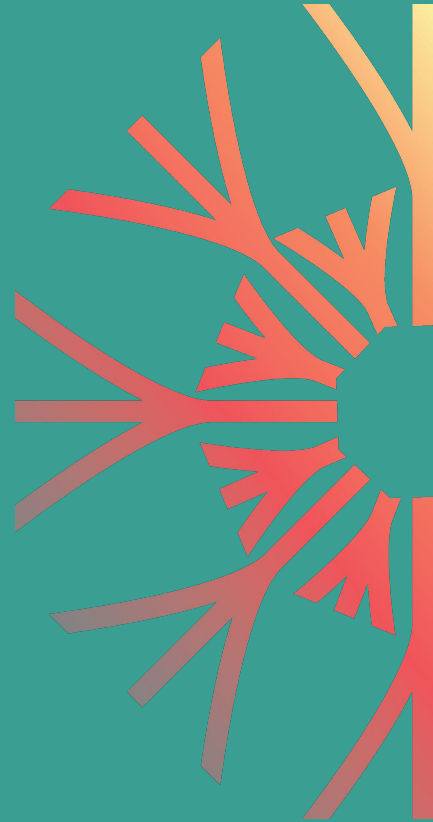
- **WELCOME** the group in your first language
- Share your **NAME** and **WHERE** you're connecting from
- Share **ONE THING** that makes you laugh and if you could express
- How you **FEEL** today through laughter, how would it sound?

After the 60-second warning, finish up, thank each other
and click "Leave Breakout Room."



WELCOME BACK

The rest of the group will
join us shortly.



GOALS

1. Reconnect with your tools to address stress: laughter and storytelling

2. Re-ignite your inner power

3. Enjoy!



Community Agreements

- Invite curiosity and open self
- Be gentle with yourself and others
- Jump right in and have fun with it





AGENDA

Introduction

Warm up

Recipe for Joy (3 parts)

Group photo

Tips

Feedback



RECIPE FOR JOY - PART 1

Part 1

Share a
funny story

Part 2

Part 3

A

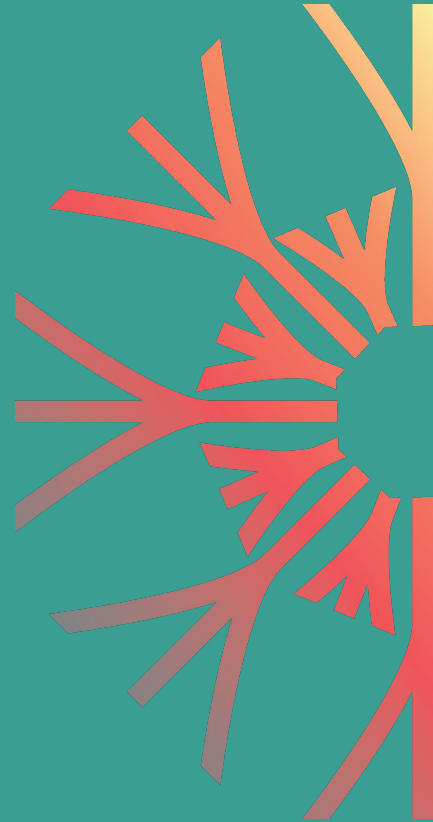


B



WELCOME BACK

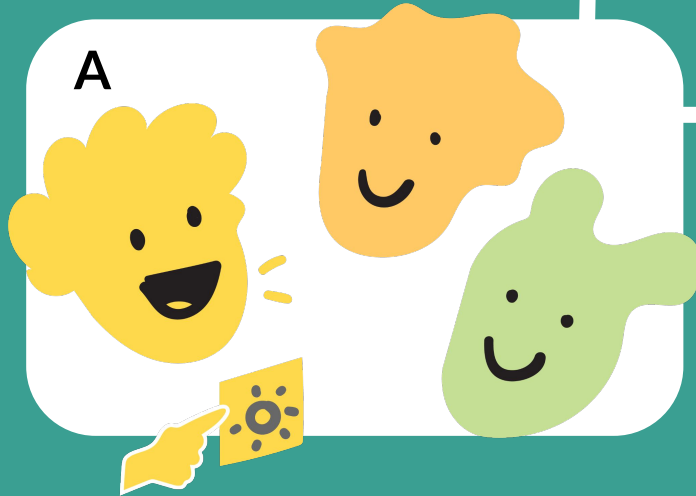
Using the chat box
Share one thing that surprised you
in the breakout session



RECIPE FOR JOY - PART 2

Part 1

Share a
funny story



Part 2

Connect your
story to others



Part 3



WELCOME BACK

Using the chat box
Share one thing that connected your
stories



RECIPE FOR JOY - PART 3

Part 1

Share a
funny story



Part 2

Connect your
story to others



Part 3

Create a
Recipe for Joy



RECIPE FOR JOY - PART 3

Questions

1. How did you feel when you were laughing?
2. What made you laugh so hard?
3. Where else do you see it/practice it in your everyday life?
4. What is the ONE word that can express it?

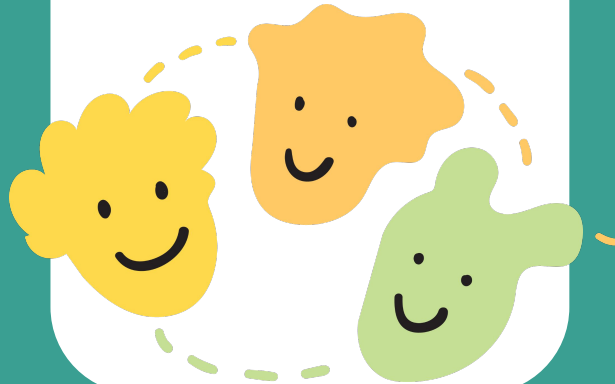


FACILITATION TIPS / LEARNINGS

Laughter
REDUCES stress
(it can heal)



Laughter
STRENGTHENS
relationships and
community

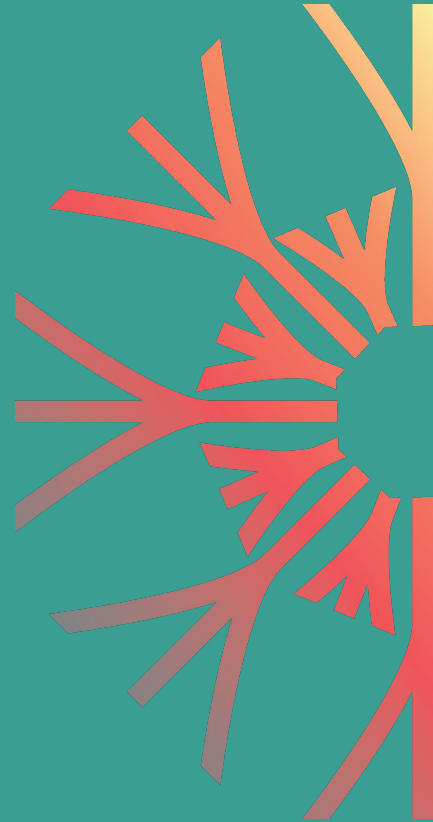


Laughter
HELPS us put
things into
PERSPECTIVE



WELCOME BACK

The rest of the group will
join us shortly.



Stay connected



Chris

chrismalapitan.com

www.meetup.com/BrusselsCreativityLab



Kasia

www.linkedin.com/in/kasiaskuratowicz

(the links have also been pasted into the chat, and will be sent in a follow-up email)

Next Creative Catalyst:

June 8th | Aaron Nigel Smith - Rhythmic Vibes

Look out for added new dates with different times in Jul-Aug



Upcoming Online Trainings



CREATIVE FACILITATION 1 | MAY 18-21

USING CREATIVE ARTS IN FACILITATION

Tuesday through Friday, May 18-21 | 9:00am-12:30pm PST

CREATIVE FACILITATION 1 | JUNE 10-11 & 17-18

USING CREATIVE ARTS IN FACILITATION

Thursday and Friday, June 10-11 & 17-18 | 9:00am-12:30pm PST

HOW TO LEAD ONLINE PROGRAMS WORKSHOP | JUNE 10-11

BUILD YOUR ZOOM FACILITATION TOOLKIT

Thursday and Friday, June 10-11 | 9:00am-12:30pm PST



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THANK YOU