



Washington Office of Superintendent of  
**PUBLIC INSTRUCTION**

# PAUSE

*for Presence*

THE EVOLUTION OF  
**HEALING-CENTERED EQUITY IN EDUCATION**

*Our healing is our justice!*



Hosted by.

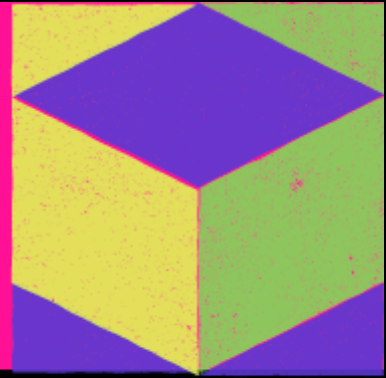
*Dr. Bre*





# CULTURE CODE

*For the culture...*



1. Intentional Engagement – Be here.
2. Make Space/ Take Space – 60 Second Share.
3. Celebrate Courage – Extend Grace.
4. Be Patient – Trust the flow. Listen to one another
5. Expect Unfinished Business – Unanswered Questions.
6. Share what is learned – Leave what is shared.
7. Build Community – Share your thoughts.

## **CONTENT WARNING:**

- Trauma & Language
- Participation Consent (choose to SHARE or RECEIVE)
- Follow-Up and make this moment a momentum.





*It's not about feeling better.*

**It's about becoming  
better at feeling.**

# SACRED SPACE

*You have the right to...*

- ⦿ **Have your own story.**
- ⦿ **Change your mind. Again.**
- ⦿ **Be a person, not a position.**
- ⦿ **Say the wrong thing. Again.**
- ⦿ **Ask uncomfortable questions.**
- ⦿ **Be awkward or really lost.**
- ⦿ **Be unpredictably brave.**
- ⦿ **Be janky.**
- ⦿ **Be beautiful.**





# OUR TIME TOGETHER



**PAUSE for Presence:**  
A Sacred Space to  
Acknowledge the Wounds.

**Our Healing. Our Justice.**  
The Evolution of Healing-Centered  
Social Change in Education.

**Change by Choice.**  
The Alchemy of  
Individual Wellbeing.

**Heal on Purpose.**  
The Blissipline of Everyday  
Wellness.



# Part One...

“

Healing begins with  
presence.

*Dr. Bre*

Everywhere you go...  
there you are.



# To which **SELF** be true?



*"...as per the setting."*

## Performing

Expressing yourself in attempt to control how you are perceived by others.



*"...as per the self."*

## PUREform™

Expressing your inner truth wholeheartedly and authentically, as your right and responsibility.



Let's Practice  
**FREEforming!**

# The Free-Style Five

## ACTIVITY Invitation:

1. Take out your notebook.
2. Select a number 1-5 and type it in the chat.
3. Find your question and respond.
4. Try to write non-stop for 60-seconds while the music plays.
5. Choose to SHARE or RECEIVE.

# Free-Style Five

1. If things were better what would be different?
2. What would you say if you could say anything?
3. What feeling do you wish you could feel more often?
4. What do you want to be known for?
5. What animal is best fits your personality? Why?

# Free-Style FIVE

1. What do you wish you could get paid to do?
2. Who do you have trouble talking to honestly?
3. How do you feel when you ask for help?
4. What do you wish you could have back from last year?
5. What feeling is the hardest to feel right now?

# Free-Style Five

1. If you could go anywhere, where would you go?
2. What do others believe about you that isn't true?
3. When do you feel brave?
4. When was the last time you were angry?
5. What do you do when you feel shame?

# Free-Style Five

1. I feel Shame when ...
2. I feel Grief when ...
3. I feel Betrayal when...
4. I feel Powerless when...
5. I feel Hopeless when...

# Free-Style Five

1. What do people thank you for?
2. What do you feel insecure about?
3. How do you feel when you spend money?
4. What were you taught about crying?
5. What do you need to do before you die?



# Free-Style Five

1. What do you see when you look in the mirror?
2. What do you wish you had more of?
3. What do you lie about?
4. If you could learn anything—what would learn?
5. What do you know for sure?

# Free-Style Five

1. What do you hope for most each day?
2. What are you excited about?
3. What about you is ready to change?
4. What would you do differently if no one was judging?
5. What makes you cry every time you think about it?

# Free-Style Five

1. How does your career/ job align with your life's purpose?
2. How does your job bring meaning to your life?
3. How does your racial identity impact your dreams?
4. What's the best part of you?
5. What do others need you to be – that you can't be?

# Free-Style Five

1. What does **hope** feel like in your body?
2. What does **joy** feel like in your body?
3. What does **freedom** feel like in your body?
4. What does **courage** feel like in your body?
5. What does **peace** feel like in your body?

# Part Two...

“  
**Our healing...  
is our justice.**

*Dr. Bre*

# *A Sacred Space to Acknowledge the Wounds.*

# **PAUSE.**

What is  
**Healing-Centered Social  
Change?**

Why  
**PAUSE?**

What is  
**PAUSE?**

How to  
**PAUSE?**

*What is...*

# Healing-Centered Social Change?

- An interdisciplinary theory of action based in brain science.
- Centers individual wellbeing as a catalyst for positive social change.
- Emphasis is on Holistic Humanization, Spiritual Citizenship and Social Emotional Learning.
- Healing-Centered + Trauma-Informed = Equity Intuitive.
- Asserts that your mental wellness is not a privilege... it's a responsibility.

# *Four Pillars of...* **Healing-Centered Social Change**

1. Our healing is our justice.
2. We change by choice.
3. We heal on purpose.
4. Healing begins with presence.



# What is **PAUSE?**

Tool for cultivating  
conscious presence in  
your life and work.

P

**Pause for Presence.**

A

**Accept and Allow.**

U

**Untether Intention.**

S

**Surrender.**

E

**Evolve.**

*How to...*

# **PAUSE for Presence**

- P - PAUSE ...to bring conscious presence to your work.**
- A- ACCEPT & ALLOW...change to become choice.**
- U - UNTETHER... past hurt from present possibility.**
- S - SURRENDER... to process and purpose.**
- E - EVOLVE... into who you want to become.**

# Why PAUSE?



Something happened that changed everything.

**“ That's called  
Trauma.**



# ACKNOWLEDGING

## The Wounds

THAT'S CALLED  
TRAUMA.

**SECONDARY  
TRAUMA**

Collective  
Trauma

Transgenerational  
Trauma

“

# TRAUMA

Trauma is not what happened,  
It's the story we tell and the meaning we  
make after.



“

*Secondary*

**TRAUMA**

It's not what happens to you.  
It's about what happens to others.

”



Transgenerational  
**TRAUMA**

llll

Trauma that is transferred from the first generation who experienced it to the second and further generations of offspring through PTSD.





# Post-Pandemic Traumatic Stress

- The complex emotions we felt after each wave.
- Triggered **Collective Traumatic Transference.**
- Symptoms mirror **Post-Traumatic Stress Disorder.**

# The Path to Presence

# CHOICE



# Activity Invitation

## The “Choice to Change” Checklist



Meaning-Making for Presence

**Activity Invitation**



# Choice to Change!

## Activity Instructions

---

1. We can feel inner conflict and change; let's feel through and change by choice.
2. You will have 5 minutes for this activity.
3. Draw 3 columns on a piece of paper.
  - **Column #1** - Identify 3 changes to accept.
  - **Column #2** – Identify 3 conflicts to feel.
  - **Column #3** – Identify 3 choices to make.

# *Choice to Change*

## *Activity Example*

### **Change**

#### To Accept?

1. Separated.
2. Retired/ Self-Employed.
3. Child Illness.

### **Conflict**

#### To Feel?

1. Shame/ Fear
2. Failure/ Shame
3. Uncertain / Inadequate

### **Choice**

#### To Make?

1. I choose peace.
2. I choose freedom.
3. I choose trust. I choose to be brave.

# Trauma + Brain



1. The brain doesn't know the difference.
2. Trauma is the story.
3. Activates the amygdala.
4. Cognition creates chemistry.
5. Trauma freezes time.

# Two Pathways of Trauma

*What happens after traumatic exposure?*



**Transference**

vs.



**Transformation**

What is the most **effective** way to **transfer** trauma?

A red, rectangular tag with rounded corners is shown against a yellow background. The tag is attached to a piece of light-colored twine on the left side, which is threaded through a small white hole. The word "Silence." is written on the tag in a black, cursive script.

Silence.



What is the most effective way to  
**TRANSFORM** trauma?

Conflict Resolution



# About Conflict...

1. Conflict Resolution is a catalyst for personal evolution.
2. Conflict comes when our environment changes; but we don't.
3. Conflict is resolved when we change.
4. We change by choice.

# Part Three...

“

**We change by choice.**

*Dr. Bre*

# The Path to Presence

# CHOICE



# The Path to Presence is Choice.

We become what we choose.

There are only two choices...

**Evolve.**

Do what you've never done.

Choose who  
you want to  
become?

**Repeat.**

Do what you've always done.

Choose who  
you've always  
been?

# Change by Choice

How to make choices that lead to healing.

1. **Recognize it as a conflict of choice.**
2. **Run the Q's.**
  - What would you do if you weren't afraid? (This is what we fear.)
  - What can you die with? (This is what we must live for.)
  - What choice makes you feel free? (This is what we must choose.)
  - What do you fear to lose? (This is what you must release.)
3. **Reduce to two.**
  - We get stuck in the "Multichoice Multiverse"
  - Each choice is dichotomous.

# Part Four...

“

Heal on Purpose.

*Dr. Bre*

# The Cycle of Healing





“

**CHange.**

Our inner world changes before  
we notice change in our outer world.

“

# Conflict.

Occurs when we realize cognitive dissonance, or opposing thoughts.

“

# Zenith.

The highest peak of conflict and  
discomfort in your emotional system.

“

# Trauma Pathways

What you can't pass through,  
You pass on.

“

# Grief

We must learn to ride the  
waves of the grief cycle.

“

# Acceptance

To accept the present moment  
is to accept personal power.



“

# Becoming

We become what we choose.  
Make the choice most aligned with  
who you want to become.



“

# Being

We are human beings.  
When you define yourself, you no  
longer need to defend yourself.

“

# Resolve

We begin to feel peace with our  
choice to become who we are.

“

# Resignation

As we feel peace, we no longer  
revisit the choices we've made.

“

# ReStory

The story you tell about your experiences, become your reality. Tell your story in the most Loving way.



**PAUSE for Presence.**

*Take-Aways*



# Share what is Learned. Leave what is shared.

---

- We pause to acknowledge the wounds and bring conscious presence to our work and Life.
- You cannot have what you are not willing to become - and cannot create from what we are not.
- Our healing is our justice.
- When we change by choice, we heal on purpose.
- Healing is a process that begins with conflict.
- Every conflict brings choice.
- We become what we choose.
- Wellness is an everyday practice of blisipline.

CLOSING

*Community Reflections:*

# What is your Leaving Lesson?

Share what you learned about healing-centered equity in education.

A woman with long, dark dreadlocks is sitting on a grassy area. She is wearing a white, textured, long-sleeved top and white pants. Her hands are clasped together in a prayer-like gesture near her chest. She has a serene expression and her eyes are closed. The background is a bright, sunlit green lawn. The overall mood is peaceful and contemplative.

# Expressions of GRATITUDE

**Take a quick survey!**



# Connect with *Dr. Bre*



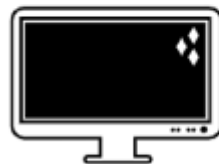
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