

Brown Gauze Moment Team Worksheet

YOUR NAME: _____ DATE: _____

Recognize, Embrace, Connect

How did watching the brown gauze moment video resonate with the team?

What specific brown gauze moments have they as a team had in the past?

How have they shared brown gauze moments as a team in the past?__

Have everyone share, what feelings they can recognize were present within themselves when they have watched someone else have a brown gauze moment?_____

What does the team want to create to allow for a safe space for team members to be able to express brown gauze moments?_____



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How as a team will they move away from “name, blame, judge” in forgiving each other for having brown gauze moments? _____

What communication boundaries do they agree to set on what is appropriate when sharing brown gauze moments with each other? _____

How do they want to give each other the space to recover from the emotional overload experienced during brown gauze moments? _____

What tools do they authorize to help in communicating with each other when a fellow team member may be unaware that they are publicly expressing a brown gauze moment? _____



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What is their team's commitment to embracing Brown Gauzes Moments within their work environment? _____

We are 1 Life Connected!

We are mindful of our response
We create our environment
We embrace our emotions
We find self-forgiveness

Kimberly Pope-Robinson DVM, CCFP
1 Life Connected
Connecting Careers with Life's Passion

