

Hot Seat Member: Karen

Session#: Session #3

Request/Concern/Question: Sit on a lot of boards and groups about autism. Start to become reactive to even seeing the meetings on calendar. So much is being put on teachers to diagnose and treat, particularly around issue of autism.

Action Steps: Start asking questions about who is around the table and why as a first step.

“Self-quotes”, key questions, misc. notes from KPF for continued reflection:

- “Always think about being useful. Filling all the holes when there are needs. I’m a fixer.”
 - *From KPF:* One of my favorite poems:
<https://www.poetryfoundation.org/poems/57673/to-be-of-use>
- Know it is my job to listen – and can sometimes be seen as being aggressive. Others see the label as the most important thing.”
- How do you know what others values?
- Three things you can do to prepare for these difficult meetings?
 - Meditate before going in – calm self to respond more
 - Remember at top of note to keep goal in mind
 - Ask questions
- What would success look like?
 - “We could all agree that this should be a community issue and more of the stakeholders need to be involved.”
 - “Restructure the group” to include community partners, parents, adults with autism, practitioners, physicians.”
- What are your steps along the way?
 - Become more active to get these members at the table.
 - Detours are the excuses.
 - Staying on top of this in the way we’ll get there.
 - Having the group see the value of having all these people at the table.
- One superpower you could use at the next meeting>
 - Read their minds to know if they are being honest.
 - To be able to ask questions to get at the4 ore of the issues people are talking about.
 - Better understand if they’re on the same page.
 - *From KPF:* If you haven’t before, you might be interested in this “core values” activity or one of it’s variations: <https://kristiepf.com/whats-at-your-core/>
 - Things that popped up as values to you: multiple perspectives, honest, persistence, discernment, protecting, taking action. And things that caused a reaction: labels, excuses, finger pointing.
- If you could delegate someone to go to these meeting for you – who would it be?