

Connecting & Collaborating, Empowering Ohio's Families

# 2022 Ohio Parent Mentor Spring Conference

**The Ties that Bind:  
Making Time for Your Own Wellness**

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## A Bit about me- Cheryl Ward

- Executive Director, Whole Child Supports
- Columbus City School graduate
- Graduate of Spelman College
- Graduate of The Ohio State University
- Mother
- Daughter
- Sister
- Wife

## Check-in Questions

- What were you doing the last time you lost track of time?
- What advice would you give to yourself five years ago?
- Where do you find peace?

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## What is on your plate?



## Balancing the Scale

What gives you joy as a Parent Mentor?

What gives you joy in life?

Making sure there is balance between the two

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What just happened?



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You can not drink from  
an EMPTY cup



## Remembering Your Needs- Self Reflection:

<https://www.cnvc.org/sites/default/files/2018-10/CNVC-needs-inventory.pdf>

Review the list and write down each needs that resonates with you



## Feelings When Needs Are Met:

<https://www.cnvc.org/training/resource/feelings-inventory>

Please review the list and write which feelings resonate with you

## Bring it all together

- Find time to take care of you
- List one of two things you will do each day to take care of your own wellness
- Brainstorm activity

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**Thank you!**

**Keep the discussion going**  
**#2022ParentMentorConference**