



Stories, Reflections, and Commitments

2016





2017

2018



A hand is shown in the foreground, reaching out towards the right. The background features a sunset over a body of water, with the sun low on the horizon and its light reflecting on the water's surface. A white rectangular box is overlaid on the lower-left portion of the image, containing the text "Reflections & Commitments".

Reflections & Commitments

Take 3 minutes to reflect

Reflect on the conference experience

- What was one innovation, idea, or potential collaboration that resonated with you?
- Is there a connection you want to make with another attendee or organization?
- What stuck with you the most from the conference?



SMART Goals

S	Specific	Make your goal specific and narrow for more effective planning	
M	Measurable	Make sure your goal and progress are measurable	
A	Achievable	Make sure you can reasonably accomplish your goal within a certain time frame	
R	Relevant	Your goal should align with your values and long-term objectives	
T	Time-based	Set a realistic but ambitious end date to clarify task prioritization and increase motivation	

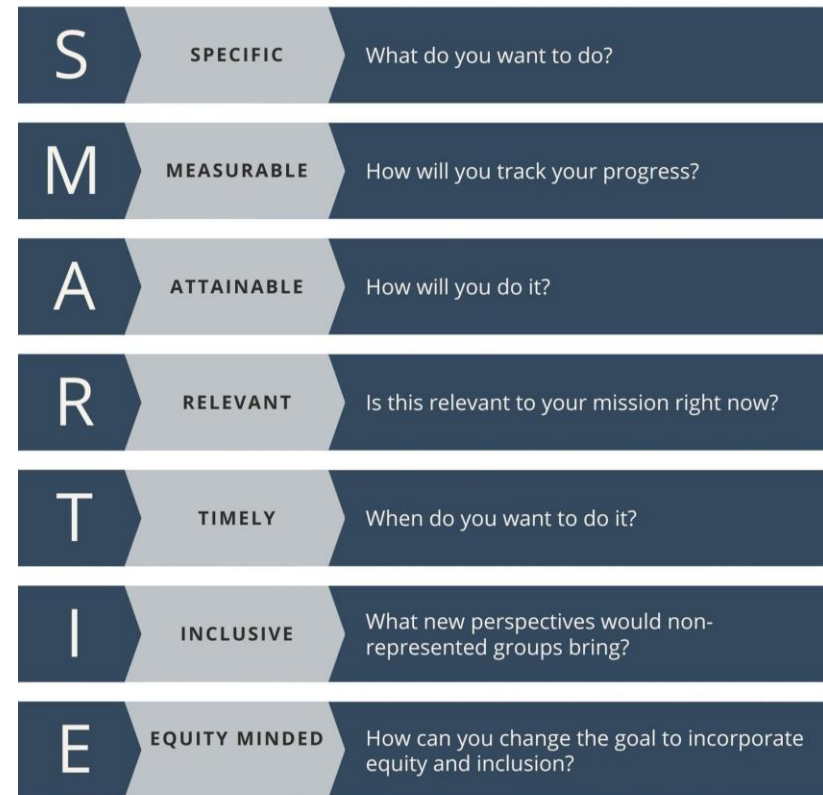


SMARTIE Goals

Goals are a concrete way to drive results, but without an explicit equity and inclusion component, goals won't produce better outcomes for marginalized communities, address disparities, or support belonging.

Introducing SMARTIE goals!

SMARTIE stands for:

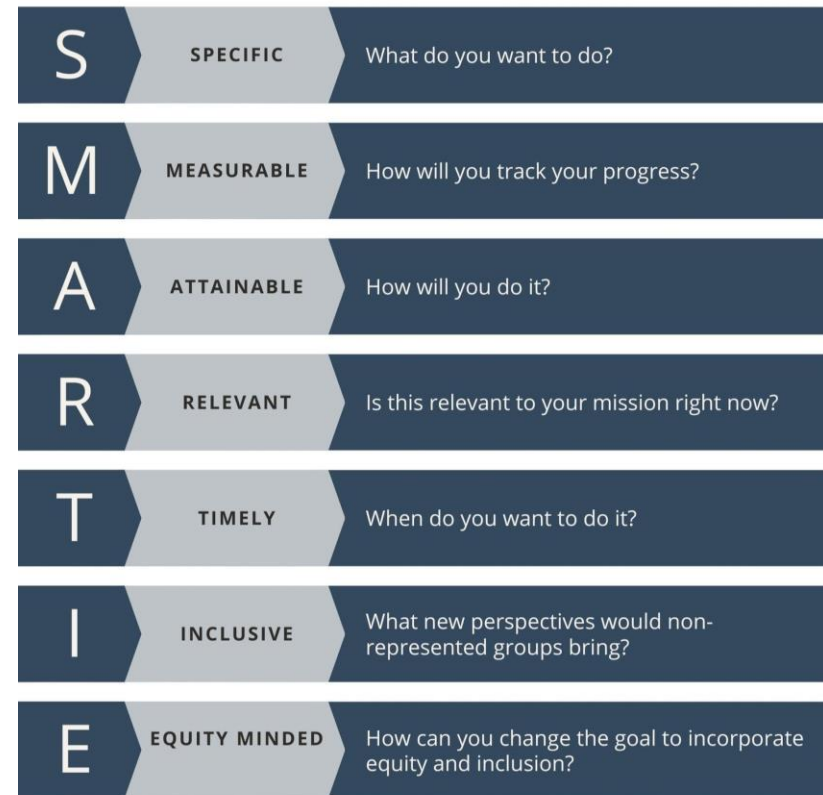


Take 3 minutes to plan

Develop a goal or commitment from this conference based on your reflection.

Use the SMARTIE goals to guide you.

Turn your reflection into a plan for action.



Take 7 minutes to share

In groups of 2-3, share your SMARTIE goals and ideas.

Help each other finalize the goals and ideas.

Discuss how these ideas build collaborations and/or address equity.



Take 3 minutes to commit

In your groups of 2-3, find a way to hold each other accountable to the actions and ideas you've shared.

- Envelope and notecard example: Team member A writes a brief notecard, inquiring about the SMARTIE goal of team member B and sends it in the mail to team member B in 1-2 weeks. Home or work address. CASCHEW staff can provide envelopes/notecards and will send them out.
- Electronic version: Same as above but use a scheduled email instead of a notecard/letter to go out in 1-2 weeks.

ACCOUNTABILITY
is the glue that ties
COMMITMENT
to **RESULTS**



Large Group debrief



Thank you

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