

**WEBINAR RESOURCE PACKET**

Webinar 4: September 20, 2:00–3:00 p.m. PT

Link: https://event.on24.com/wcc/r/1502181/B136A85FA13B37C071D96A04CB6008ED

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**PREPARATION CHECKLIST**

**PRINT RESOURCE PACKET**

This webinar is designed to be highly participatory. For optimal engagement, download and print this resource packet before the webinar. Have the hard copy in front of you with a pen in hand.

**VISIT THE WEBSITE**

Spend 5 minutes visiting the website [www.calworksnextgen.org](http://www.calworksnextgen.org). Click “Register” at the bottom of the log-on page to sign up. Click on the “Promising Practices” page for more information and videos on the topic of this webinar. If you missed the previous webinars, the link to see them is on the bottom of the home page.

**PRE-WEBINAR TASKS**

You will invest a full hour of your time by participating in this webinar. To get the most from your investment, spend 10 minutes reading this packet. You might want to visit our featured speaker’s website, <https://developingchild.harvard.edu>, and read the content on resilience and adult capabilities.

**PREPARE YOUR LEARNING ENVIRONMENT**

If we were in person, we’d take great care to provide an optimal physical learning environment. We invite you to create a comfortable space for yourself—grab a snack and cup of coffee, a highlighter, scratch paper to doodle on … whatever helps you to learn best!

**MUTUAL ACCOUNTABILITY**

As your facilitators, we are committed to meeting your learning needs throughout this webinar. Our expectation is that you will be available to participate and engage with us during the hour.

**LOG IN AND CONNECT**

## Plan on joining us 10 minutes before the starting time of the webinar to test your equipment and settle into our virtual learning space.

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**Webinar 4: Science to Practice: Building the Skills Adults Need for Life**

**The session designers and facilitators of this webinar are:**

Al Race, Center on the Developing Child, Harvard University

LaDonna Pavetti, [Center for Budget and Policy Priorities](http://www.cbpp.org)

**Intent for Webinar 4**

Our intent is for you to leave the webinar with a solid understanding of how you can help build and support core skills in adults. You can do this by adjusting program demands to reduce stress and strengthen participants’ capabilities to manage their lives and support the healthy development of their children.

**Objectives: During the webinar we will:**

* Review the vision for CalWORKs 2.0 and the science behind the framework
* Examine the links between early childhood and adult capabilities
* Hear about the impacts of stress on adult capabilities
* Explore ways to strengthen or restore adult capabilities

**Before the webinar**

To get you started thinking about core adult skills, take a few minutes to think about these questions before the webinar:

* How does stress affect you and your ability to get things done?
* What techniques do you use to handle stressful experiences?

**During the webinar**

During the webinar we will ask several questions:

* How often do you think stress is a contributing factor in your customers’ ability to set and achieve goals?
* What strategies have you used to reduce stress for customers in your county? (For example, streamlining processes, making services more accessible, eliminating barriers to entry, or using clear language)

**After the webinar**

1. Sign up for the next webinar and put its date into your calendar.

2. Post your insight, question, idea, or topic on the forum page of the new website.

3. Call or email a colleague who could not attend and share one thing you learned from the webinar. Invite your colleague to log in to the website and register for the next webinar.