

Radical Rest: Practices for Work-Life Balance

Participant Guide



We're happy to be here with you! We're bringing to the day our deep interest in transformation and drive to connect folks' personal sense of meaning and change with that of their communities.

Each of us has our own specialized practice; twelve13 Consulting is home to some of our collaborative work.

Jen Self

Jen Self, PhD LICSW (they/them) is the CEO/Founder of Brick 13, a Critical Equity Educational Consulting and Coaching LLC. They are also a part-time Assistant Clinical Professor at the University of Washington School of Social Work, and have coached, educated, and developed leaders across industries, from non-profits to government to corporate.

Jen credits their early experiences as a gender outlaw and time playing Pac-12 basketball for Cal as the impetuses for their life's dedication to intersectional racial and gender justice. Dr. Self is a visionary, an outcast, an innovator, a community builder, a chameleon, a connector of ideas and people, a musical theater nerd, a continual learner, a co-host of the podcast All the Things-PNW (Spotify), a creator, a parent, a pro-femme space advocate, a partner, a survivor of many things, always a radical truth-teller, and even on a good day, continually shaking off the teachings of White supremacy.

Liz Cruz

Liz Cruz (they/them or she/her) is the Founder & Principal of Liz Cruz Consulting. Prior to leading their practice, Liz spent over 10 years in the corporate space (retail and technology) as a coach, leadership development program leader, and organizational effectiveness consultant. You'll find Liz coaching individuals and teams, facilitating, nerding out about emotional intelligence, or ruminating on wholehearted leadership over a cup of (decaf) coffee. Liz enjoys working with a diverse mix of clients; a special area of focus is Queer (2SLGBTQIA+) leadership development.

Liz's approach is informed by their deeply held belief that each of us is inherently brilliant, and that the best solutions to our leadership challenges are found in our deep knowledge of ourselves. They are an eternal optimist, a queer leadership fanatic, a frequent teller of not-that-funny jokes, a lifelong artist (current love: watercolor), relentlessly curious, a deep empath, and despite all outward appearances, definitely an introvert.

7 Types of Rest



Notes

Reference: Dalton-Smith, Sandra. January 6, 2021. The 7 types of rest that every person needs. <https://ideas.ted.com/the-7-types-of-rest-that-every-person-needs/>



What does Dr. Dalton-Smith's work illuminate for you? Explore with your partner:

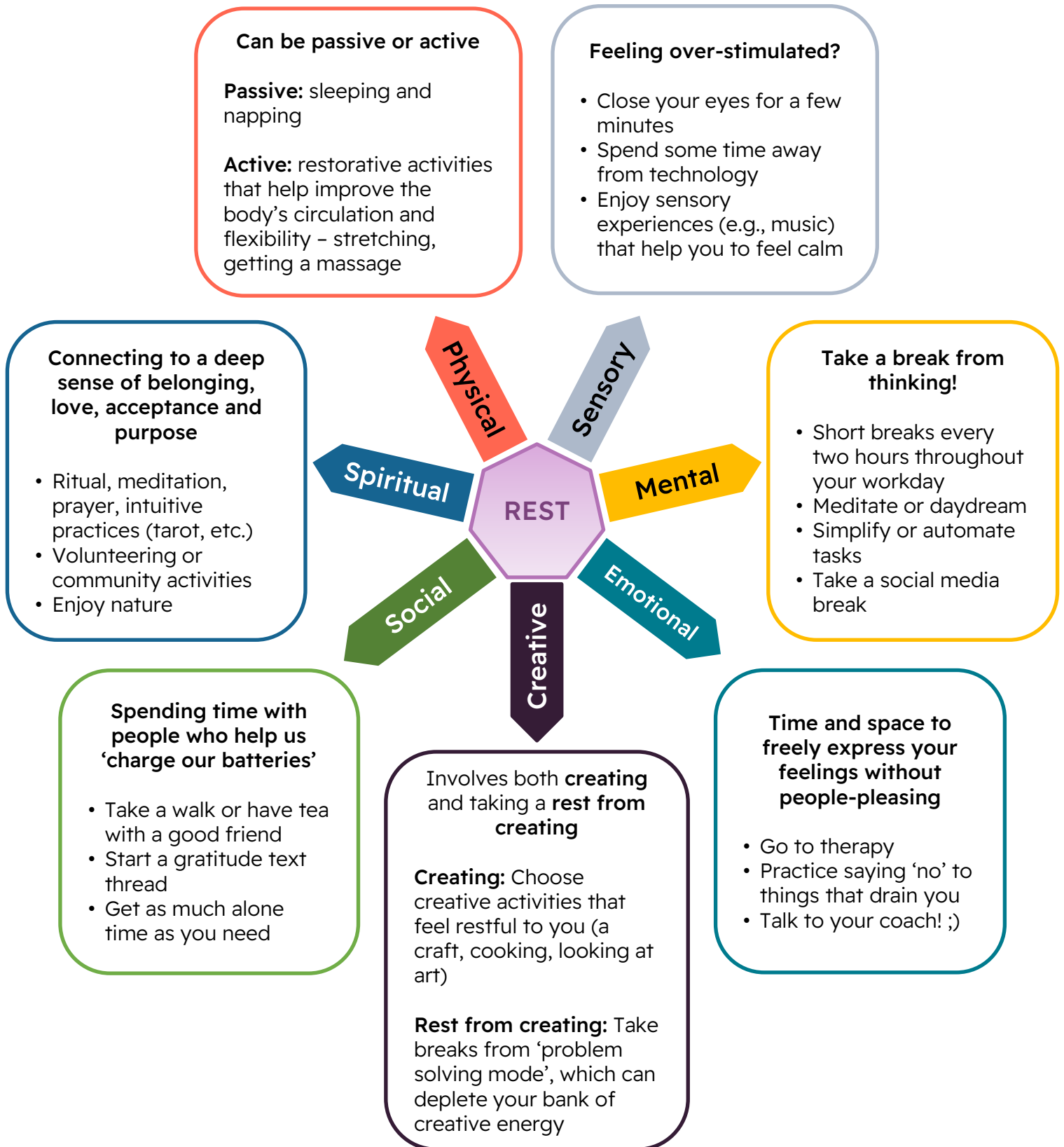
In which of the seven areas do you tend to feel most depleted?

What have you already been doing to replenish your energy in those areas?

What new ideas do you have from today's conversation?

(See the next page if you need some inspiration!)

In her research, Dr. Sandra Dalton Smith has identified **seven different types of rest** that we all need in order to be fully rested. Find suggestions for each type below, and consider which types of rest you need to add or increase in your life.



Reference: Dalton-Smith, Sandra. January 6, 2021. The 7 types of rest that every person needs. <https://ideas.ted.com/the-7-types-of-rest-that-every-person-needs/>

Dr. Sandra Dalton-Smith's work is part of the public domain.

If you share these concepts, please cite her in your work.

We encourage you to interact with her work; here's where you can find her:

<https://www.drdaltonsmith.com/>

<https://ideas.ted.com/the-7-types-of-rest-that-every-person-needs/>

[The 7 Types of Rest You Need with Author Dr. Sandra Dalton-Smith](#)

[Sacred Rest: Recover Your Life, Renew Your Energy, Restore Your Sanity](#)

