

SRLN 2024 Conference attendee workbook

Before, during and after the conference, use this workbook to as a space to record your conference goals, conference learnings, and next steps.



Welcome!

Innovation for Justice is delighted to support the SRLN 2024 conference as a collaborator focusing on intentional conference design and attendee experience. This conference brings together the **ecosystem** of providers who assist SRLs, and challenges attendees to explore how their relationship to one another impacts how SRLs experience the justice system.

At i4J, we use a design- and systems-thinking methodology that begins with EMPATHY -- understanding an product, service or policy from the perspective of the user. Our learnings from empathy-focused, community-engaged research drive our work across the rest of the design cycle: DEFINE, IDEATE, PROTOTYPE & TEST.

Earlier this year, we invited the SRLN community to be co-designers of the SRLN 2024 conference. And we started with some empathy work, through surveys and conversations.

As a team, we unpacked what we'd learned from you:

- You want CONNECTION and NETWORKING
- You want to be ENGAGED, not talked at
- You want to leave the conference with PRACTICAL, CONCRETE TAKEAWAYS about what's working in other places and HOW YOU CAN IMPLEMENT effective new efforts when you get home
- You want recognition of how emotionally and mentally taxing your day jobs are, a chance to RENEW THE "WHY" for your work and a chance to REFILL your buckets!

Then we ideated - our team came up with many, many ideas for supporting your conference experience. Those ideas were sorted based on feasibility and impact. One idea that seemed to have strong traction and feasibility was a workbook - a tangible way for you to chart your conference activities, organize your new connections, capture your learnings, and remind yourself to practice self care. So we created this workbook to add to your conference experience - we hope it serves as a useful tool for you before, during and after the SRLN conference.

Like any i4J work, this is a prototype ... we welcome your feedback! You can reach us at info@innovation4justice.org

-- The i4J Team (Sarah, Cayley, Suzanne, Antonio, Erin, Rachel, Gabriela, Cheenar and Stacy)



Before the Conference: Build Your Own Agenda

Before the conference, set aside some time to review the SRLN conference agenda and complete this page:

01 At the conference, I'm hoping to learn more about ...



02 So I'm planning to attend these sessions ...



03 I'll also challenge myself to learn something new by ...



04 Things I'm hoping to bring home from the conference include ...

Before the Conference:

Plan for Self Care During the Conference

Many of you are here because this conference gives you a chance to renew the “why” for your work. Self-care is a priority in the SRLN community - visit

<https://www.srln.org/node/1440/srln-self-care-resources> for SRLN’s self-care resources. We invite you to prioritize your self-care during the conference, in recognition of how hard your work is! Jot down some strategies that can help you across the seven dimensions of self care ...

Emotional health –
managing stress, sufficient
sleep, not multitasking

Intellectual health –
staying curious, learning
new things

Physical health –
exercise, balanced
nutrition, hydration

Social health –
connecting with friends to
reduce stress

Environmental health –
caring for surroundings,
avoiding clutter

Occupational health -
personal satisfaction in
your job/career

Financial health –
living within financial
means

Spiritual health –
understanding the beliefs
and values that shape who
you are

Source: samhsa.gov (Creating a Healthier Life: A Step-by-Step Guide to Wellness)

Before the Conference:

Make a plan to build your network

Check out the sessions and attendees listed in Sched, and brainstorm people you could connect with at the conference to expand your connections across the SRLN ecosystem.

Someone who is working on similar issues in their jurisdiction

Someone who could share resources and materials with me

Someone who might challenge my thinking about an issue in my jurisdiction

Someone who is presenting on a topic I'd really like to know more about

Someone I'd like to reach out to the next time I feel frustrated with my work

Someone I'm hoping to connect with someone else to advance the SRLN ecosystem

Free space - who else do you want to stay in touch with?



During the Conference: Day 1 Learning!

Use this page for notes during Day 1 of the conference.



During the Conference:

Day 1 pulse check.

Reflect on your pre-conference goals -- how did Day 1 go? What loose threads would you like to focus on during Day 2?

Build Your Own Agenda - How is it going?

Self-Care - How is it going?

Build Your Network - How is it going?

Day 1 Learning - What struck you?

During the Conference: Day 2 learning!

Use this page for notes during Day 2 of the conference.

