WORKSHOP · ENLIGHTENED COACH · FROM THE AUTHOR OF THE DURING™

Supporting Others Without Losing Yourself in the Unresolved Middle

For the people who hold everyone else's during.



Clinicians, chaplains, caregivers and nonprofit staff spend their days beside people whose lives are still unresolved. They are trained to manage other people's crises and rarely given room to acknowledge what they are carrying themselves. This workshop gives them shared language and practice for staying present with what is unresolved, for the people they serve and for themselves.

WHO IT'S FOR

Care teams, nurses and physicians, chaplains and spiritual care staff, palliative and hospice teams, caregivers, and nonprofit staff in direct service. 12 to 40 per room.

FORMATS

90 minutes after The During keynote, or a half day as a standalone session or retreat.
In person or virtual.

WHAT THEY PRACTICE

Opening questions in place of closing reassurances, staying present without fixing, and noticing what their own competence may be covering.

> *I had been doing well, and doing well can look a lot like done.*
>
> From The During™

SIGNALS THIS IS THE RIGHT FIT

- Staff are exhausted in ways that don't show up in schedules or surveys.
- Teams are skilled at caring for others and quiet about what they carry themselves.
- Patients and families meet change through forms, phone calls and paperwork. As the book puts it, "More often it arrives as administration."
- Familiar reassurances ("You're so strong," "Everything happens for a reason") are closing conversations that need to stay open.
- Leaders want to support their people without asking them to share their private lives.

WHAT PEOPLE LEAVE WITH

- Shared language for the unresolved middle that patients, families and colleagues are living in.
- Opening questions practiced out loud, in place of phrases that end the conversation.
- A clearer line between supporting someone and carrying them.
- One specific, observable 30-day commitment for themselves or their team.

Tamera Schmidt · Enlightened Coach · tam@yourenlightenedcoach.com · yourenlightenedcoach.com

The core session: 90 minutes

The session moves the room from recognition to practice to commitment, using fictional cases from care settings.

TIME	SEGMENT	WHAT HAPPENS
0:00–0:10	Bridge and private reflection	A link to the keynote's central idea, then three quiet minutes on a private page: where am I carrying more than anyone can see? It's never shared.
0:10–0:30	Case one: the steady one	A fictional charge nurse holds her unit together through a hard season and says "I've got it" to everyone who asks. Tables find the signals and the sentence that closed the conversation.
0:30–0:50	Conversation practice	Trios practice turning closing reassurances into opening questions with patients, families and colleagues, and following up without fixing.
0:50–1:10	Case two: supporting without carrying	A fictional chaplain and a family in a long illness. Tables map where support became carrying, and what a sustainable presence looks like, because showing up in the first weeks is one kind of effort and showing up for years is another.
1:10–1:25	The 30-day commitment	Each person writes one specific, observable action, with a partner and a day-30 check-in.
1:25–1:30	Close	One line to carry back to the floor, the office or the bedside.

The half-day version adds a full-room debrief of each case, a team-level look at how check-ins and handoffs work, and time to design one change in the team's own rhythm.

GROUND RULES FOR THE ROOM

- Nothing personal is required. Any reflection is private and stays on each participant's own page.
- The cases are fictional. People discuss the characters, not themselves or their colleagues.
- This is not grief counseling, therapy, burnout programming or motivational speaking.
- When Tamera's own story enters the room, it is as a witness to what it looked like from where she stood, never as a lesson anyone is told to take.

WAYS TO WORK TOGETHER

- The keynote. The During: Building a Life Inside the Question, for a conference, summit, retreat or community gathering.
- The workshops. Supporting Others Without Losing Yourself in the Unresolved Middle, and Leading, Living and Deciding When the Future Is Still Unclear. Each runs 90 minutes after the keynote or as a half day.
- For corporate and revenue teams. Competence Can Become Camouflage, its workshop for revenue teams, and the Strategic Partnership Engagement, each described in its own overview.

To bring this workshop to your organization, contact Tamera at tam@yourenlightenedcoach.com. Each proposal is tailored to your setting, team and goals.

The During™ is a body of work by Tamera Schmidt and a trademark of Enlightened Coach LLC for educational, speaking and workshop services.