

OACB Ally Academy Level One

Video Links

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Professional Development Section	Learning Experience #	Learning Experience Title	Video Title	Video Link
Orientation	Day #1 Orientation Part One	Mental Attitude	100/0 Principle	The 100/0 Principle, length 2:34 http://youtu.be/HdJkk_f0JPY https://youtu.be/jxZR4HhIDu4
Orientation	Day #1 Orientation Part One	Fears	Why Most People Die at Age 25	http://youtu.be/oKAmuigS4mo http://www.upworthy.com/the-kind-a-scary-thing-about-graveyards-you-probably-never-
Orientation	Day #1 Orientation Part Two	Facing Fears & Intentionality	Opening Doors & Hearts	<ul style="list-style-type: none"> • 6 min. • http://www.karmatube.org/videos.php?id=6062 • http://youtu.be/PIHtuKc3Gjg
Orientation	Day #1 Orientation Part Two	Group Learning	Credo of Support	http://www.youtube.com/watch?v=wunHDfZFxXw&feature=share&list=FLkdfKQKrQyBzZ0quyu2lQdw&index=191 http://www.youtube.com/watch?v=YPWhAMe4UzU&list=FLkdfKQKrQyBzZ0quyu2lQdw&feature=share&index=84
Orientation	Day #1 Orientation Part Two	Group Learning	Five Ways to Misery	https://www.youtube.com/watch?v=oOFKsvBn7oQ&feature=youtu.be
Orientation	Day #1 Orientation Part Two	Group Learning	Help Each Other	https://www.youtube.com/watch?v=u8tzswR0t70&list=FLkdfKQKrQyBzZ0quyu2lQdw&feature=share&index=93
Orientation	Day #1 Orientation Part Two	Team Development	Tuckmans Stages of Team Development	<ul style="list-style-type: none"> • https://www.youtube.com/watch?v=AKf51o8YxOs • • https://www.youtube.com/watch?v=nFE8laoInQU •
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Awareness	One	Mental Models	State of Mind	Dove Beauty Patches: 6:13 https://www.youtube.com/watch?v=wyHYWXie-Mw
			Good People Bad Model Restraint	http://www.youtube.com/watch?v=L1af29wxa1Y&feature=share&list=FLkdfKQKrQyBzZ0quyu2lQdw&index=132
			Teacher Restraint	http://www.youtube.com/watch?v=OwNocda_ykQ&feature=share&list=FLkdfKQKrQyBzZ0quyu2lQdw&index=154 Student restrained for not blowing their nose
			Teaching 2 Person Control	http://www.youtube.com/watch?v=Vc2l6lYbPOQ&feature=share&list=FLkdfKQKrQyBzZ0quyu2lQdw&index=124
			Compassionate Connections	http://connectionmovie.makeadifference.com/
			Shift in Thinking	The Backwards Bike; https://youtu.be/MFzDaBzBIL0
			Credo of Support	<ul style="list-style-type: none"> http://www.youtube.com/watch?v=wunHDfZFxXw&feature=share&list=FLkdfKQKrQyBzZ0quyu2lQdw
			Compassionate Care	http://www.youtube.com/watch?v=KGNCDQFIMWE&feature=share&list=FLkdfKQKrQyBzZ0quyu2lQdw&index=172
			Common Sense	<ul style="list-style-type: none"> https://youtu.be/msjN1uiUWyY
			Mental Model Shift	http://www.youtube.com/watch?v=fkpctutwBq8&feature=share&list=FLkdfKQKrQyBzZ0quyu2lQdw&index=145
			Mental Model Shift	Rick Gudiotti, Positive Exposures 7:40 https://youtu.be/USECdjN7Siw Length 5:42 https://youtu.be/NTSZHLeTsNY

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Awareness	One	Mental Models	Supplement resources	Supplement videos	
			More Alike Than Different	http://www.youtube.com/watch?v=-cA3t1HW1Ow&feature=share&list=FLkdfKQKrQyBzZ0quyu2lQdw	
			E:60 Perfect	http://www.youtube.com/watch?v=Q4foXehDmWs&feature=share&list=FLkdfKQKrQyBzZ0quyu2lQdw&index=28	
			Dove Beauty Sketch	http://www.youtube.com/watch?v=XpaOjMXyIGk&feature=share&list=FLkdfKQKrQyBzZ0quyu2lQdw&index=42	
			I Am Person	http://www.youtube.com/watch?v=kTGo_dp_S-k&feature=share&list=FLkdfKQKrQyBzZ0quyu2lQdw&index=169	
Awareness	Two	Work World Organizational Zones			
			Be an Ally	Blue Ribbon	http://youtu.be/sN_LPTNQEeqM
			Stretch Zone	Famous Failures	https://www.youtube.com/watch?v=zLYECIjmnQs&feature=youtu.be
				Hats of Service	https://www.youtube.com/watch?v=WXv6BqE5yvs
			Panic Zone	The Escalator	http://youtu.be/VrSUE_m19FY
			Dead Zone	5 Ways to Misery	http://www.youtube.com/watch?v=o0FKsvBn7oQ&feature=share&list=FLkdfKQKrQyBzZ0quyu2lQdw&index=149

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Understanding	One	Self - Assessment Knowing Yourself	Own Worst Critic	<ul style="list-style-type: none"> https://www.youtube.com/watch?v=PPjeelgG9Cg
		Knowing Yourself	How Do We See Ourselves	https://www.youtube.com/watch?v=litXW91UauE
		Knowing Yourself	VIA Character Strength Survey	http://www.viacharacter.org/www/
		Strengths	Science of Character	http://youtu.be/U3nT2KDAGOc
			VIA in Workplace Allied Health	https://youtu.be/k3kk-6mx74M?list=FLkdfKQKrOyBzZ0quyu2lQdw
		Mirror Self Assessment	How Others See Us	https://www.youtube.com/watch?v=APgEJoAYh0Y
Understanding	Two	Role of an Ally	100/0	<ul style="list-style-type: none"> http://youtu.be/HdJkk_f0JPY
		Our Heart Caregiving tool	Boundless Appreciation	<ul style="list-style-type: none"> http://youtu.be/Elfst5nWeE
			Simple Truths Appreciation	<ul style="list-style-type: none"> http://youtu.be/5IXYZbhiSXk
			Power of Attitude	<ul style="list-style-type: none"> http://youtu.be/wkffx_NbzEg

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Understanding	Three	Tools of an Ally Head to Toe	Boundless Appreciation,	<ul style="list-style-type: none"> http://youtu.be/Elfst5nWeE
			Simple Truths Appreciation	<ul style="list-style-type: none"> http://youtu.be/5IXYZbhiSXk
		The Gift Exchange	John O'Leary: What Can You Do	https://youtu.be/2MLQQFV20yA
		Making a Difference	Blue Ribbon Acknowledgment movie	http://youtu.be/sN_LPTNQEeqM?list=FLkdfKQKrQyBzZ0quyu2lQdw
Understanding	Four	Helping each other Thrive Strength Based mental model	What is Thriving	<ul style="list-style-type: none"> https://youtu.be/VF_mBJcsXac
			John O'Leary Thriving instead of surviving	<ul style="list-style-type: none"> https://www.youtube.com/watch?v=EY5L1bMbyjI http://www.youtube.com/watch?v=v0kMgthxVpM&feature=share&list=FLkdfKQKrQyBzZ0quyu2lQdw
			Compassionate Connections	<ul style="list-style-type: none"> https://youtu.be/ILv5zDkIUgA
			Magic Ingredient Trauma Brain Relationships	http://youtu.be/AsCViRHZGHE
			The Dash	http://youtu.be/zsY6UrFIsNs
				<ul style="list-style-type: none">
			Be an Ally Blue Ribbon	http://youtu.be/sN_LPTNQEeqM

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Understanding	Four	Helping Each Other Thrive Strength Based mental model	Make a Difference - Teddy	<ul style="list-style-type: none"> https://youtu.be/2xkQHh0HUxU
			Trauma Brain Relationship	<ul style="list-style-type: none"> http://www.youtube.com/watch?v=9tLpzn18lf8&feature=share&list=FLkdfKQKrQyBzZ0quyu2lQdw&index=1

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Tools	One	Hats of Support	OACB 4 Hats of Service	https://www.youtube.com/watch?v=WXv6BqE5yvs&t=8s
			Hats of service in Practice, Seneca, Huron & Clearwater	<ul style="list-style-type: none"> https://youtu.be/d07XNb7TzE4
			Hats of Support in Action Clearwater COG, Huron Seneca CB	<ul style="list-style-type: none"> https://youtu.be/d07XNb7TzE4

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Tools	Two	Be a Duck	Emotions & the Brain	https://www.youtube.com/watch?v=xNY0AAUtH3g
			Scary Snowman	Example of Fight/Flight/Freeze https://www.youtube.com/watch?v=JyUe9Th3lNM&index=41&list=FLkdfKQKrQyBzZ0quyu2lQ
			<ul style="list-style-type: none"> Navy Seals Mental Training , length 16:23 	<ul style="list-style-type: none"> http://www.youtube.com/watch?v=Ju4FojRkEku&list=FLkdfKQKrQyBzZ0quyu2lQdw&f
Tools	Three	Must Haves	Essence of Respect	<ul style="list-style-type: none"> http://youtu.be/r-8ee7qyfF0
			Seinfeld Close Talker	http://youtu.be/NGVSIkEi3mM
			Invasion of Personal Space	http://youtu.be/mvUPLN_eaVw
			Say Some thing Nice	http://www.youtube.com/watch?v=RwEYYI-AGWs&feature=share&list=FLkdfKQKrQyBzZ0quyu2lQ Say Some Thing Nice 3:07
			Tone of Voice	http://youtu.be/xD7rVRlnrJI
			In Their Shoes	http://www.youtube.com/watch?v=LL_Gq7Shc-Y&feature=share&list=FLkdfKQKrQyBzZ0quyu2lQ Experience Alzheimers length 8:04

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Tools	Three	Must Haves		Danny's Day	http://youtu.be/l-usO_YCV4M

Tools	Four	Floodlight Vision	Limits Disappear when Vision Begins	http://youtu.be/uz3ZLpCmKCM?list=FLkdfKQKrQyBzZ0quyu2lQdw
			Robbie Madison Pipe Dream	https://www.youtube.com/watch?v=lDi9uFcD7XI
Tools	Five	Beginners Mind	Babbling Babies	<ul style="list-style-type: none"> • http://youtu.be/_JmA2CIUvUY
			Jon Kabat-Zinn Mindfulness 9 attitudes - beginners mind.	https://www.youtube.com/watch?v=ssqclf52ZpY&feature=youtu.be https://youtu.be/ssqclf52ZpY
			Fun Theory Steps or Escalator	<ul style="list-style-type: none"> • https://youtu.be/2lXh2n0aPyw
			Designing Confidence	<ul style="list-style-type: none"> • https://www.youtube.com/watch?t=173&v=6wnnNk91EMs
			Dancing Traffic Signal	https://youtu.be/SB_0vRnkeOk
			Never Give Up	http://youtu.be/j5q780fa1vY
			Famous Failures	<ul style="list-style-type: none"> • https://youtu.be/zLYECljmnQs
			Common Sense Test	<ul style="list-style-type: none"> • https://youtu.be/msjN1uiUWyY

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Tools	Six	Eat the Frog	Becoming Comfortable In Uncomfortable Situations: Byron Davis	https://www.youtube.com/watch?v=iprgy5l16d0
			<ul style="list-style-type: none"> • 16 weird relationship milestones 	https://www.youtube.com/watch?v=iprgy5l16d0
			Comfortable w/Uncomfortable	<ul style="list-style-type: none"> • https://www.youtube.com/watch?v=e3Cmgx_sKEo •
			Adapt: Get Comfortable w/uncomfortable	https://www.youtube.com/watch?v=qTsJLiZyLHw
Tools	Seven	Emotional First Aid	More Alike than Different	<ul style="list-style-type: none"> • http://www.youtube.com/watch?v=-cA3t1HW1Ow&feature=share&list=FLkdfKQKrQyBzZ0quyu2lQdw
			Guardian of the Golden Gate bridge	https://www.youtube.com/watch?v=L2AxVMwXpx0
			Mom Comforting Son w/Autism	http://www.youtube.com/watch?v=KGNCDOFJMWE&feature=share&list=FLkdfKQKrQyBzZ0quyu2lQdw&index=172
			Fight/Flight	<ul style="list-style-type: none"> • https://youtu.be/jdJpLvSTZMU
			Emotions & the Brain	<ul style="list-style-type: none"> • https://youtu.be/xNY0AAUtH3g

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Tools	Seven	Emotional First Aid	NOVA: Mirror Neurons 13:50	<ul style="list-style-type: none"> http://video.pbs.org/video/1615173073/
			RSA Animate - The Empathic Civilization 10:40	<ul style="list-style-type: none"> https://youtu.be/Xmx1qPyo8Ks
			Just Breath Kids describing Emotionality	https://youtu.be/RVA2N6tX2cg
			Fight/Flight/Freeze	https://www.youtube.com/watch?v=jdJpLvSTZMU&feature=youtu.be
			Fight/Flight/Freeze Scary Snowman	https://www.youtube.com/watch?v=JyUe9Th3lNM&index=41&list=FLkdfKQKrQyBzZ0quyu2lQdw https://www.youtube.com/watch?v=5QLXU2nxD5M
			Meredith Joy Jars	http://www.karmatube.org/videos.php?id=7368
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