Building Healthy Environments

with Janine Harris Degitz

FAQ's

self care
self awareness
community
circles
honesty

Who is Janine?

She is a passionate professional dedicated to strengthening the Columbus community by providing essential training in restorative practices, conflict resolution, self-care, self-awareness and mindfulness to youth, teachers, and community members.

She is the co-creator and facilitator of Honest Circles about Race, an inclusive group that emphasizes open honest dialogue about race. She is also active in her community through the Columbus Care Coalition, RestoreCBUS, the Harmony Project, the People's Justice Project and the Ohio Reformatory for Women.

Her commitment to community building, conflict resolution, restorative justice and building self-care skills is proven in her extensive work for over 20 years where she has held positions of leadership with Mind-Ed in Schools, the Compassionate Communication Center of Ohio, Heart to Heart Comienzos East (PA), RestoreCBUS, and Worthington International Friendship Association.

Her passion carried her through the completion of a Master's of Science in Restorative Practices at the International Institute of Restorative Practices. She is a licensed contractor in Restorative Practices and Facilitating Restorative Conferences for the International Institute for Restorative Practices (IIRP).

She feels strongly that leadership and wholeness are in every person, and it emerges through each person making the invitation to gather and connect in a space of open honest conversation. She facilitates this process by asking the questions of possibility and commitment.

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Education

International Institute for Restorative Practices
Masters of Science, Restorative Practices

Indiana University-Bloomington, Kelley School of Business
Bachelor of Science, Operations Management

Licenses

2017
National Organization for Victim Assistance (NOVA)

2018
Introduction to Restorative Practices & Using Circles Effectively (IIRP)

2019
Facilitating Restorative Conferences (IIRP)

What is community?

The power of community is the one that chooses interconnectedness and possibility. Through gathering together in small groups, larger circles and one-to-one conversations, community begins to emerge; One relationship at a time, one commitment and set of actions at a time. This is the work of Community; Building a healthy foundation in which conflicts are embraced, relationships are valued and even the smallest interactions are seen as vital. When people are committed to the inclusion of all people and ideas in a community, it results in a greater feeling of inclusion. From this lens, community is everywhere and invites change, creativity, transformation, and action.

> “Janine offered a deeply heart-centered and rich and well-designed program. She maintained a lively, compassionate and supportive environment for the practice to develop.
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> *-J.S., Program Participant*

What is different about Janine?

Janine values the unique quality of every community and believes that every community has its own needs, with a focus on gathering, relationship building, and empowering people to advocate for their own growth internally and externally. This is accomplished through using processes of building and maintaining relationship-building circles and creating spaces which welcome honest dialogue.

Janine draws on her extensive experience in community building, embodiment practices, conflict resolution, compassionate communication and activist networks. Her commitment to relationships is fostered in her close experience with the natural world, which informs her work in human dynamics. Janine's work is supported by her traditional education and is strengthened by her real world experience in developing her skills with practitioners from around the world.

What are circles and why are they important?

Circles are an invitation to gather and strengthen our relationships through a process of open and constructive dialogue. Using circles in all of our spaces; schools, community meetings, political activism and workplaces creates an opportunity for all voices to be included.

Circles balance power and create spaces where systems are co-created. This shapes how we include and respond to each other in times of joy and fun as well as times of conflict and difficulty.

What is embodiment and self-care?

Self-care is a practice of becoming embodied. In our culture of perfectionism and non-stop achievement, exhaustion and anxiety can overwhelm us in our everyday life. If we can experience 5-10 minutes of slowing down, tuning in and experiencing rest and relaxation in our bodies, we can change the course of the rest of our day.

Embodiment is when you experience a moment when you are rested and relaxed and you realize all the ways that you show up in the world-- physically, emotionally, spiritually. Embodiment practices acknowledge and bring your attention to the whole system of our bodies so that we can be aware of how we interact when we are living in our workplaces, families and communities and bring more choice to that interaction. Creating whole commmunities of care.

Self-care and self-awareness are internal processes of understanding what we need and how to best care for ourselves. This awareness then extends into the community as a foundation for restorative action through our leadership, creativity, vulnerability, and capacity to embrace conflict and celebrate relationships.

Who can benefit from restorative practices training?

Restorative practices are a commitment to changing the culture and climate in our communities. They require that we examine the many ways we have all learned to be punitive, retributive and independent in relation to each other. Understanding the value of community and relationship building is essential to understanding the foundation of restorative practices.

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