

Stevens Pass Snowsports School

THE WORD

Winter 21-22' | Issue 14 | Dec. 31, 2021

Goodbye 2021!

a toast
to butter days



We have made it through 2021!

Another wild year gone and we cannot wait to see what all can be accomplished in 2022. We wish everyone a fun NYE tonight, please stay safe and we will see ya'll next year!

Mental Health

Your mental health is just as important as your physical health. We all need support sometimes, and VR has resources to help. The Employee Assistance Program provides 6 free counseling sessions per issue. For 24/7 mental health consultations please call ComPsych at (877) 327-2289 to speak with a counselor.

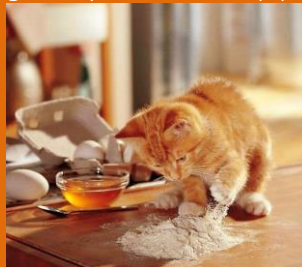
For other resources, check out these links: [Wellness Tools - Head, Hands, Heart](#) and [Healthy Habits](#).

LIFT Training

Please make sure that all of your required LIFT training is completed. The deadline for completion is December 31st at 11:59 pm. Courses that are assigned to you will show up on your Dashboard when you log into the LIFT. The link to the LIFT is <https://vailresorts.sabacloud.com>. Log in using your VR single sign on.

Staying Safe: Metrics

Make that 348 days without an employee injury for the year and 153 days for the 21.22 season! Great job everyone for your continued approach to safety and for making Safety of Self the top priority!



For this week's fun fact: The holidays are a great time for enjoying sweet treats. But fret not, the process of prepping and baking burns approximately 348 calories an hour so you can make some (calorie) space prior to bringing on the cookies.

TRAINING CORNER

Certification Meeting –
Join the meeting to learn more!

Are you interested in becoming a certified instructor or continuing on your path to higher certification? Certification is a great way to improve your skiing, riding, and teaching skills. Join our online meeting this Sunday, January 2nd at 6pm [HERE](#) to learn more.

Clinics – Cancellation Policy

This season we will run only those clinics that have 4 or more people registered to attend. If clinics do not have 4 staff members in attendance the clinic will be cancelled 3 days prior and those who are signed up will be notified by email. To sign up for clinics go to instructor.snow.com

KEY DATES:

- **January 1st**- Start of 2022
- **January 2nd**- [Certification Online Meeting](#) @ 6pm
- **January 5th**- Development & Cert Clinics
- **January 6th**- Telemark @ 10am



Line Alternating with High Need Students

What is a high need student, a younger student or beginner who may need more assistance, guidance, and direction. Make safe decisions when loading the chair, this may mean loading multiple chairs one after another so that you can supervise and assist.

When using the mountain personnel lift lines, you should alternate with guests allowing at least two groups of guests between every group in your class. However, when teaching students who require more assistance allow for more groups of guests to go in front of your group so that you can keep your class together in the lift line when necessary.

Communicate with guest in line that you need to keep your class together and always ask for permission to slide into line in front of guests. When Scanners or other mountain staff are helping with line control, communicate your needs directly to the staff member.



Epic Promise

The Epic Promise Educational Ascent Grant is a one-time financial grant up to US \$2,500 for Vail Resorts employees who are pursuing a degree or certificate program.

There are three applications deadlines per calendar year, occurring in the winter, spring and summer seasons. The Winter deadline is January 16th. For more info or to apply, click [HERE](#).

Stevens Pass Ski and Snowboard School - Celebrating What's Right

No matter how unusual the situation or difficult the circumstance I walk into, the first thing I am going to ask is "What is here to celebrate?" Why? Because I have learned that whenever I can get a lock on what is **right** with the situation, I can find the passion and energy to get rid of everything else. Instead of starting by griping about what's wrong, I make the choice to switch the lens I am using to view the moment with. I look for the point of celebration and then I build on it.

Our brains are funny things. They are hard-wired to protect us from physical danger. Yet, as smart as they are at protecting us, they are equally unable to discern between threats that are emotional or cognitive and those that are physical. So, any threat...any moment of discomfort or uncertainty, initiates the danger response and our brains direct our perception to the potential negative outcome.

And our brains are lazy. They really embrace that "path of least resistance thing."

Imagine you wake up to 12" of fresh snow at your home. Your entire yard is covered with pristine whiteness. Now imagine you have to get an important letter from your mailbox. So you gear up and break trail to the box. It is tough work going through that 12" of snow, but you make it and retrieve your letter. Now it is time to turn around and return to your home. Are you going to break a new trail or will you go back the way you came and walk in your old steps? If you function like our brains, you take the same path back and the walk will be easier, so easy in fact that all the while the snow stays in your yard, you will walk on that path to and from your mailbox. With time, that path will become worn and comfortable and easy. The untracked snow off the path will become a less and less desirable route.

Our brain functions the same way. It will take the neuropathway that has been established over the untracked route. Because one of its important functions is identifying danger, that neuropathway is often used and well-tracked. So, we meet a new situation or difficult circumstance and our brain says "Oh, that is uncomfortable or hard, let's take the established route." And our thoughts, perceptions, feelings, and emotions go down the "danger" neuropathway. The tendency for our brain to react in this way is named "Negativity Bias." Our brains are wired toward negative pathways. And the more we take the negative pathway, the more we reinforce it, the more imbedded it becomes.

When we are in this pattern of negativity we see less fewer options, we feel more stress, which in turn directs us back down the path of negativity. It is a self-perpetuating cycle that leads us to states of unhappiness, anxiety, and depression.

The good news is that we are in control of the path our thoughts take. We can choose to step out of the negativity loop and into a positive orientation. When we do so, guess what our brain does? Each time we make the choice to change our lens to one of positivity and seek out what is there is to celebrate, it will reinforce that positive neuropathway. Pretty soon, with time and a bit of effort we can reinforce the positive orientation to the point that it becomes the path of least resistance. Instead of seeing problems, we see solutions. Instead of messes, we see beauty. Instead of being mired in "can't" we rise up to see the "can."

That folks is how we create a life that brings us joy. Give it a try. Teach it to your students. See how much more EPIC is our shared experience when we take time to celebrate what's right and help others do the same.

Have a great week! With Respect, Tami Lyon Director – Skier Services

