

Wellbeing Forum: Supporting Wellbeing Champions presents...

**EXPLORING
THEMES
AROUND
RESILIENCE**



**ChaplaincyPlus
Wellbeing Forum
16 September 2020**

Welcome and Introductions

- ▶ **Steve Bavington, ChaplaincyPlus**
- ▶ **Sarah Thorpe, ChaplaincyPlus**
- ▶ **Carol Wilson**
Head of Spiritual Care,
Birmingham & Solihull Mental Health
NHS Foundation Trust
- ▶ **Sue Noyes**
Coach and Mentor; Non Exec Director,
Birmingham Women's and Children's NHS
Foundation Trust; Chair of Coventry College

Purpose? The Wellbeing Forum provides...

- ▶ **Safe space to share the issues that are arising for you, as a wellbeing champion in your business**
- ▶ **A place for you to draw strength for your role**
- ▶ **A place for bitesize learning and development**
- ▶ **An opportunity to think about what could help you in your role in the future – to help shape our future sessions**

Next session planned for Wednesday 18 November

Our contracting commitment

Look after yourself – please be mindful of your own well-being as we discuss that of others

This is about enhancing support, not diagnosing or counselling people with anxiety disorders

If you, or someone you are supporting, are experiencing distress please do seek professional help from a GP or occupational health

During our session, all is confidential, and we are respectful to one another.

In these sessions, we use the Zoom conventions of muting, and hand raising where it's necessary (but not to stifle our conversations!)

We'll leave videos switched on as a sign of engagement – although anyone can turn off the video and step back if they need space to process particular issues that are arising for them.

Our Forum sessions so far

(Handouts available on the Chaplaincy Plus website)



Introduction to the Forum and scoping out what we wanted to focus on (2 sessions, May and June)



A focus on anxiety - spotting the signs and supporting colleagues with push/pull conversations (June)



A focus on living with uncertainty – exploring the theme and working through helpful questions to build autonomy (July)

Before we start any session,
we always need to check in with ourselves ...

Ask yourself :

***‘ How am I? What is going on for me
right here, right now?’***

Take a moment to centre yourself and breathe.
This is a time for reflection in your busy day.

Exploring Resilience

Aims of today's Wellbeing Forum



Exploring resilience

Attitudes to resilience

What does
strength look like?

Plenary Group Exercise

▶ **Question –
‘How do you define ‘resilience’?**

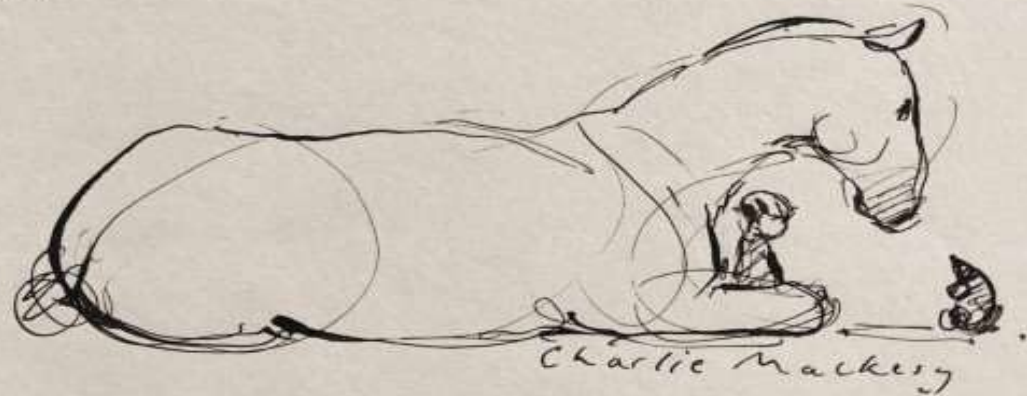
Plenary Group



Plenary Group

"When have you been at
your strongest?"

"When I have dared to show
my weakness," said the horse.



Breakout Group exercise

- ▶ **Exploring an issue using METAPHOR and CLEAN LANGUAGE**
- ▶ **Principles of CLEAN LANGUAGE**
- ▶ **Listen attentively**
- ▶ **Keep opinions, advice and interpretations to ourselves**
- ▶ **Ask 'clean language' questions to help someone explore their metaphors, or the impact of their metaphors in their thoughts**
- ▶ **Listen to responses and ask further 'clean language' questions**

Breakout
Group
Exercise

**Lets explore this question
using clean language:
'Strength looks like.... what?'**

Plenary Group - Summary of our session today

We have explored our definitions of resilience, vulnerability and strength

We have learned about the principles of clean language

We have come together as a group, supporting one another in these challenging times

Thank you for
being part of
the Wellbeing
Forum today

- ▶ Wellbeing Forum resources are on the C+ website
- ▶ C+ team provide 1:1 listening too
- ▶ Please complete the Feedback form, it helps us shape future sessions
- ▶ **Next MHFA Forum event will be on Wednesday 18th November 12.30-1.30pm with a focus on Adaptability**

Steve Bavington

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