

Wellbeing Forum: Supporting Wellbeing Champions presents...

# EXPLORING THEMES AROUND ADAPTABILITY

Hosted with Zoom on Wednesday 18 November from 12:30pm - 13:30pm



Book your free place at [wellbeingforum\\_nov2020.eventbrite.co.uk](https://wellbeingforum_nov2020.eventbrite.co.uk)

# Chaplaincy Plus Wellbeing Forum 18 November 2020

# Welcome and Introductions

- ▶ **Steve Bavington, ChaplaincyPlus**
- ▶ **Sarah Thorpe, ChaplaincyPlus**
- ▶ **Sue Noyes, Coach and Mentor, Non Exec Director, Birmingham Women's and Children's NHS Foundation Trust, and Chair of Coventry College**

# Purpose of The Wellbeing Forum

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

# 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.

# Wellbeing Forum - our sessions so far

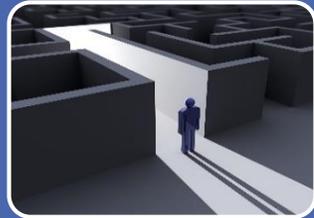
*(Further details  
available on the  
Chaplaincy Plus  
website)*



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)



A focus on resilience, and the use of clean language in our conversations (September)

Let's check in with ourselves...

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

# Exploring Adaptability

# Plenary Group- Adaptability



# Plenary Group- Adaptability

"One of our  
greatest freedoms  
is how we  
react to  
things"



# Plenary Group -Developing a Growth Mindset

Concept created by Carol Dweck to describe underlying beliefs on learning and intelligence, based on a Fixed vs Growth mindset.

What can help to create a growth mindset ?

*Eg*

*Accept opportunities to move out of a comfort zone*

*Ask questions*

*Learning well vs learning fast*

*Rewarding efforts and actions , not traits*

*If plan A doesn't work what about Plan B/C/D/E ...*



# Breakout Discussion Groups

Let's explore how this approach  
might help us now

# Summary of our session today

- ▶ We have talked about adaptability in nature, and what lessons that holds for us
- ▶ We have explored how moving between a fixed and a growth mindset can help us to cope with the uncertainties of our world
- ▶ We have explored in our breakout groups how we have adapted and what has helped us over these months



Thank you for being  
part of today's  
Wellbeing Forum

- ▶ 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 as we plan a programme for the forthcoming year.
- ▶ **Please come to our December MHFA Forum event - a special event at 12 noon on Wednesday 16 December, for 'Lamentation and Celebration', after this extraordinary year.**

Steve Bavington

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