Daring to Hope
Chaplaincy Plus
Wellbeing Forum
20th January 2020
Welcome and Introductions

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Sue Noyes, Coach and Mentor and Non Exec Director, Birmingham Women’s and Children’s NHS Foundation Trust and Chair of Coventry College

Carol Wilson, Head of Spiritual Care Birmingham and Solihull Mental Health NHS Foundation Trust
Our Wellbeing Forum is here for you

- A place for you to draw breath, and strength for your role
- A place for you to share issues you face in your wellbeing role
- A place for bitesize learning and development
- A place for you to share ideas for future Forum sessions
The contracting commitment between us

- 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 via a GP or occupational health.

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

In these sessions, we ask that you keep your video on where possible, mute to exclude background noise, but please do wave or ‘raise the Zoom hand’ to attract attention.
Our Wellbeing Forum Sessions so far

(Further details available on the ChaplaincyPlus website)

- Introduction to the Forum and scoping out what we wanted to focus on (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 the ‘GROW’ model to build autonomy (July)
- Exploring resilience, and the use of clean language in our conversations (Sept)
- A focus on adaptability, and consideration of how a growth mindset could help us (Nov)
Let’s just check in …

… and take a moment to centre yourself and breathe.
This is a time for reflection in your busy day.
Daring to Hope
Plenary Group - Daring to hope again
Abraham Maslow’s hierarchy of needs was devised in the 1940s – we are motivated to achieve certain needs and some needs take precedence.

Although this pyramid is now well established, he did later suggest that the order of needs may vary according to the individual.

Many free articles are available on this model, but the Simply Psychology article by Saul McLeod is a good summary.
Breakout Discussion Groups

Let’s explore how this approach to our needs helps us understand and support others at this time
Summary of our session today

- We have talked about our capacity to hope again after the last few months.
- We have re-looked at Maslow’s hierarchy, to help understand why we feel as we do right now.
- We have explored in our breakout groups about how this helps us understand ourselves, and to support others right now.
And finally, our familiar friend has words of wisdom for us ...

“I can’t see a way through,” said the boy.
Can you see your next step?

“Yea,” said the horse.
“Just take that,” said the horse.
Thank you for being part of The Birmingham 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 – we are planning a programme over the forthcoming year.

Our next Birmingham Wellbeing Forum event will be Wednesday 17 March at 12.30pm. It’s on ‘Leading with Courage’, with Juliet Smithson, Head of Operations at Lionheart in Birmingham.

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