

*Wellbeing Forum: Supporting
Wellbeing Champions presents...*

SPRING STEPPING STONES



**Chaplaincy Plus
Wellbeing
Forum
19th May 2021**

Welcome and Introductions

Steve Bavington, Chaplaincy Plus

Sarah Thorpe, Chaplaincy Plus

Sue Iqbal, Leadership and Life Coach

Tim Skene, Coach

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 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

Let's check in with ourselves...

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

Taking Steps Forward



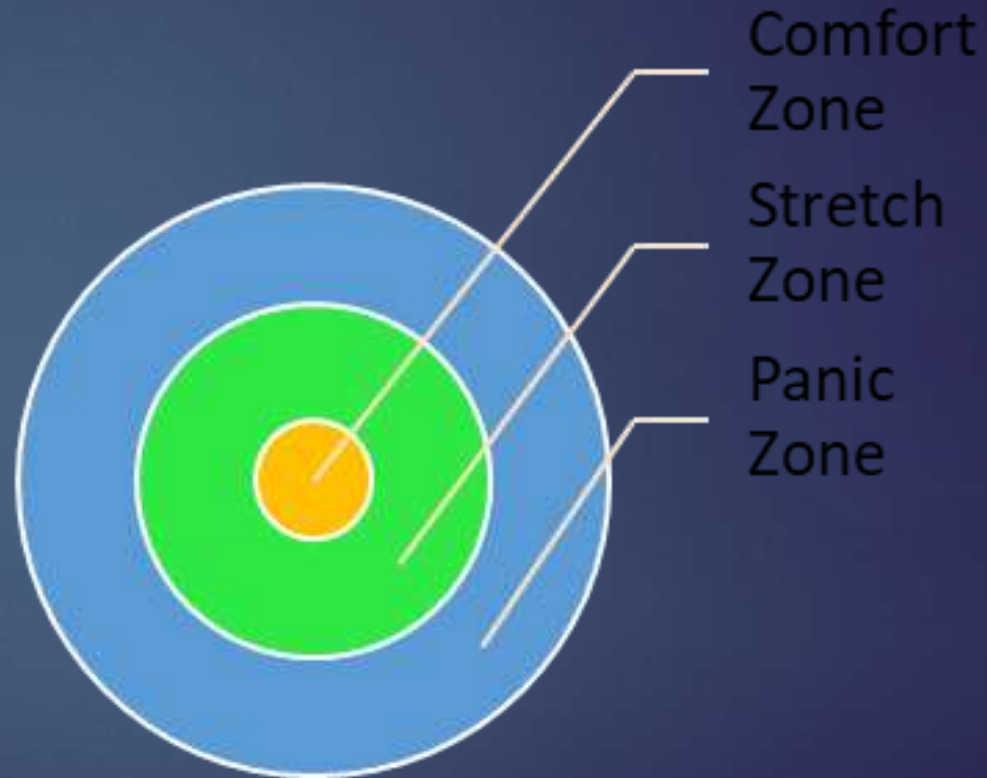
Finding your Stretch Zone

Based on Yerkes–Dodson law, 1908.

Karl Rohnke's Comfort, Stretch and Panic model

“One can choose to go back toward safety or forward toward growth. Growth must be chosen again and again; fear must be overcome again and again.”

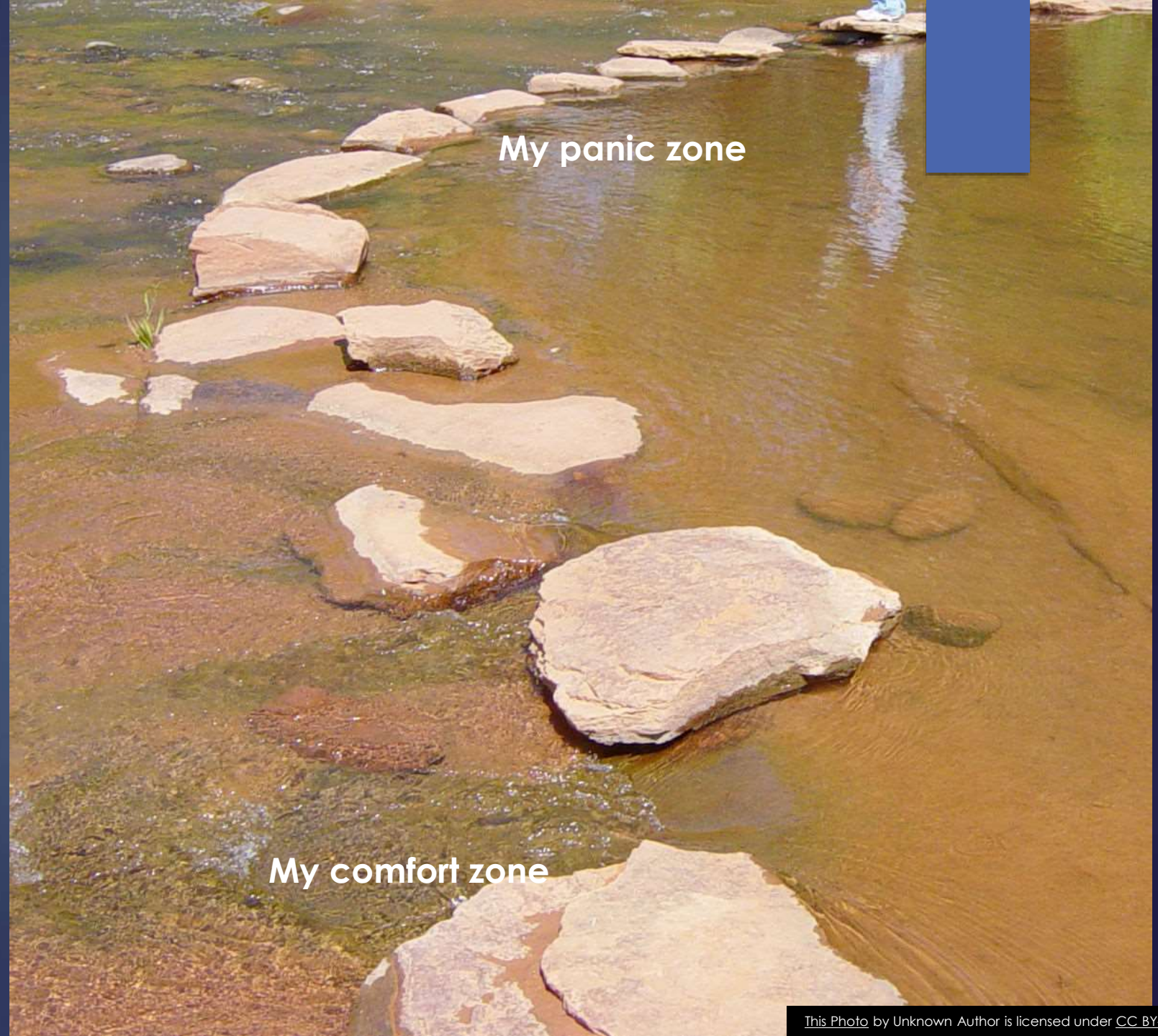
Abraham Maslow



Stretch Zone

- ▶ **Your comfort zone** is where you feel at ease, you can relax, it's a great place to be to recharge and rest. BUT it won't take you forward or help you grow
- ▶ **Your stretch zone** is not necessarily comfortable but it is the place for exploration, stimulation and is a place where you can begin to grow, try out new things, take a few risks, expand your world
- ▶ **Your panic zone** is a step too far, a place where your emotions and physical responses are heightened in negative ways, you are likely to experience a stress reaction and anxiety.

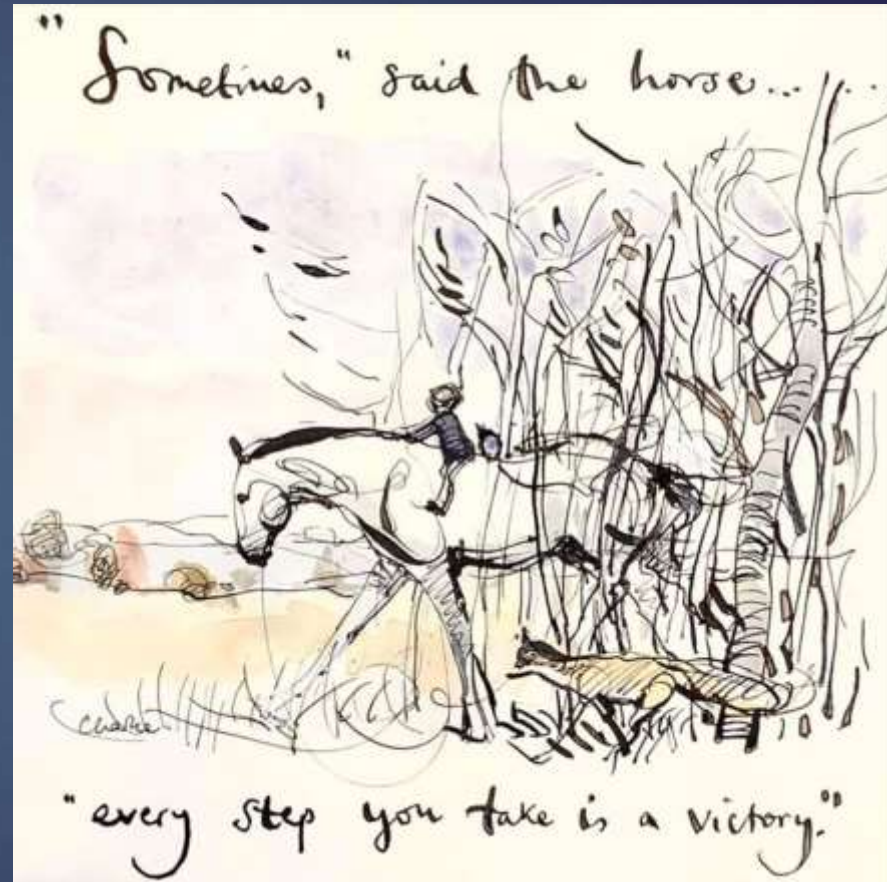
Where is your stretch



My panic zone

My comfort zone

Plenary Group- Stretch



Breakout Discussion Groups

- Let's explore how visualisation might help us now

Summary of our session today

- ▶ We have talked about how we feel about taking steps forward and how we respond to our changing world
- ▶ We have explored the concept of stretch zone and considered how this may be helpful personally and in our work with others
- ▶ In our breakout group, we have experienced the tools of visualisation to help take courageous steps forward and discussed how these techniques may be used with others



**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 – we are planning a programme over the forthcoming year.
- ▶ **Our next MHFA Forum event will be on the 21st July 2021**

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