

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

**BEHIND
THE
SCREEN**



**Chaplaincy Plus
Wellbeing
Forum
21st July 2021**

Welcome and Introductions

**Steve Bavington, ChaplaincyPlus
Executive Director**

**Tim Skene, ChaplaincyPlus
Birmingham Wellbeing Alliance Project Manager
and Lead Wellbeing Champion**

**Sue Iqbal, Forward Partnership
Director
Leadership and Life 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.**



Behind the screen

Phases of Collective Trauma Response



Breakout Discussion Groups

- Let's explore what might be behind the screen for you personally or organisationally

Summary of our session today

- ▶ We have reflected on what life might be like behind the screen.
- ▶ We have explored the concept of Phases of Disaster response.
- ▶ In our breakout group, reflected on what life might have been like behind the screen during 12 months of lockdown with regard to the phases of disaster response.



Plenary Group- Stretch

"Isn't it odd. We can
only see our outsides, but
nearly everything happens on
the inside."



Charlie Mackesy

- ▶ 1 TO 1 LISTENING SERVICE FOR WELLBEING CHAMPIONS & STAFF
- ▶ WELLBEING FORUM
 - ▶ TRAINING
- ▶ ONLINE PLATFORM
- ▶ ACCREDITATION

Birmingham Wellbeing Alliance

**Thank you for
being part of The
Wellbeing Forum
today**

- ▶ Wellbeing Forum resources are on the C+ website
- ▶ BWA team provide 1:1 listening too wellbeing champions plus employees
- ▶ Please complete the Feedback form , it helps us shape future sessions – we are planning a programme over the forthcoming year.
- ▶ **Our next BWA Forum event will be on the 15th September 2021.**

Tim Skene

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