Wellbeing Forum: Supporting Wellbeing Champions presents...

BEHIND THE SCREEN



Chaplaincy Plus Wellbeing Forum 21st July 2021

Welcome and Introductions

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and Lead Wellbeing Champion

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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 wellbeing 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

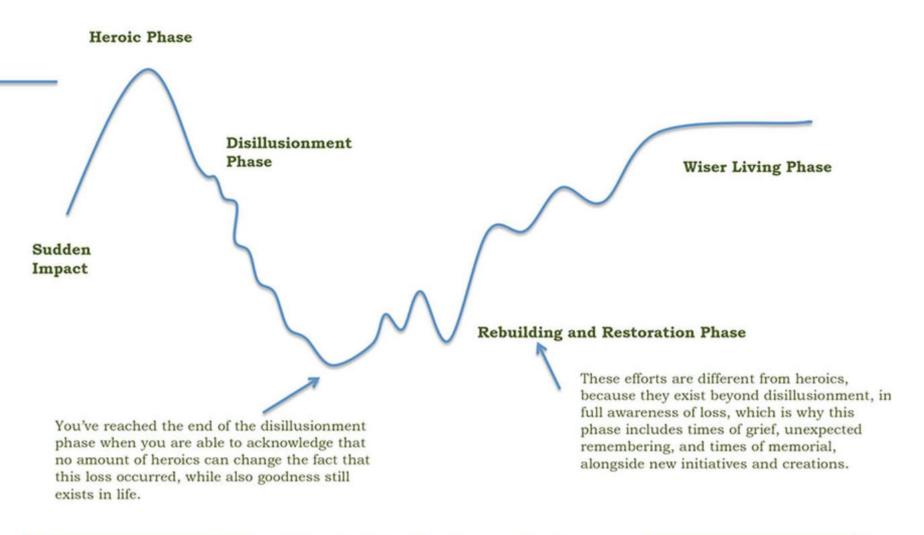
Let's check in with ourselves...

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

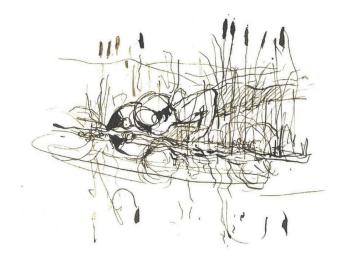
Summary of our session today

- ► 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 reguard to the phases of disaster response.



Plenary Group-Stretch

"(snit it odd. We can
only see our outsides, but
nearly everything happens on
the inside."



- 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.

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