



TAKE TIME OUT TO TAKE GOOD CARE

A SUPPORT PACKAGE TO GROW AND SUSTAIN CHILDREN'S SOCIAL WORKER RESILIENCE

COMMUNITY INTEREST COMPANY



It is a tough time for social workers who are responsible for statutory work such as child protection and casework to achieve better outcomes for children in care. There is a stressful combination of unbalanced media portrayal, extra regulation, problems with the ICS and inadequate time for direct client contact.

So what is in place to offer extra support to these social workers? More 1:1 supervision? More detailed induction and safe practice standards policies? These are important but do they build or maintain resilience? What is there to promote good mental health for this valuable workforce? In many areas it is very hard and expensive to recruit new social workers...



Councils need to retain their valuable staff and make sure their practice standards are safe and improving. This package of support is designed to help managers achieve this by showing their staff they are appreciated enough to deserve this extra support, self-care guidance and an opportunity for a self-esteem lift.

The workshop session will be flexible to meet the needs of each participant group. Topics we may cover include:

- Beginning with the end in mind!
- STRIDE with your personal strengths
- Sustaining yourself through change
- Reframing for resilience
- What to tell yourself to switch on confidence
- Reconnecting with your own values hierarchy
- Loving what is and Appreciative Inquiry
- Knowing allies and building support systems
- Action planning and acting 'as if' it's reality

WORKSHOP SESSION OUTCOMES are to:

- * Boost participants' belief in themselves and their decisions
- * Build confidence and psychological strength
- * Enjoy the exchange of views, ideas and support with peers

PHONE SESSION OUTCOMES are to:

- * Help personalise and contextualise the group input
- * Reinforce the key session messages as a follow-up
- * Encourage personal action and development planning

CHECK OUT THE EVIDENCE:
*"The case for coaching:
Making evidence-based decisions"*
Professor David A Lane
*International Centre for the Study of Coaching
Middlesex University*

What is individual coaching for?

Coaching is a process that can help you unlock your own potential to maximise your performance. The coach can help you to learn about yourself and help you formulate your own solutions to problems rather than teaching you an answer to a particular problem. Coaching is very different from professional practice supervision. It is about helping you take your learning forward so you keep feeling the benefits - and so you don't just "leave the learning in the classroom". Your coach will act as an objective facilitator who is in a position to encourage a more open and honest analysis of your situation and needs than might be possible with a line manager, supervisor, colleague, friend or family member.

KSL's Trainer Coaches are all well qualified and highly experienced for this work and they understand the tough public service context. They include Kate Julian (right), an experienced learning and development professional with a background in human resources..



For more information contact us: Knowledge Support Learning CIC

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