



Managing the Challenges Beyond Money

What's Good For Us,
What's Good For Our Clients?

What is wellbeing?

Wellbeing is how people feel and function both on a personal and social level and how they evaluate their lives as a whole.

CLANG!



Five ways to **wellbeing**

Speedy Introductions



- Introduce yourself
- Share what you do which enhances your wellbeing

What is Resilience?

Resilience is our ability
to manage pressure

Pressure – what pressure?

How do you know when you're feeling under pressure?

What can you do about it?

What can you do?



Recognise it and use helpful techniques and take effective action:

- Relaxation (breathing / targeted muscle relaxation / mindfulness)
- Movement
- Step out of situation
- Notice what you are feeling – identify it and observe, don't judge
- Talk to someone
- Break the cycle – positive thoughts
- Problem solve – what do I need to do? Who can help? Take control
- Stop worrying about things outside of your control
- **Seek help when you need it**

Building Resilience



Work life balance

Limits and boundaries

Assertive communication

Time management

Networks of support – formal and informal

Emotional intelligence – be aware of and manage your thoughts and feelings and be aware of others'

Strengths Based Approach

- Try to look at what is working rather than looking for problems.
- Try to look at what's going right rather than what's going wrong
- Try to look at what can be built on
- Try exploring what ideas and resources a person already has to call on rather than giving solutions.

Strengths Based Approach

- People are experts in their own lives
- Helps identify client's inherent strengths / resources
- Goal oriented
- Aims to increase client's hopefulness
- Clients themselves set the goals they would like to achieve in their lives

Strengths Based Questioning

That sounds tricky. Have you had to deal with anything like that before?

What seems the best course of action now?

Who might be able to help you?

What's good for us and our clients?



We all have similar needs

We can all improve our wellbeing

We can all improve our resilience

As skilled professionals we can support our clients to identify what they can do for themselves to get through their challenges.