



# DEVELOPING TOGETHER

## SOCIAL WORK TEACHING PARTNERSHIP

### Wellbeing & Resilience in Social Work Event - 16 November 2020

	Session Title	Facilitator	Details	Time	Booking Details
<b>Session 1</b>	Workshop: What is Self Care and why is it so vital?	Kate Collier, SelfCare Psychology	A workshop on Professional Trauma and Fatigue, and the evidence based Five Pillars of Protection used to buffer the secondary impact of working in Social Care and Health, with a focus on Self Care.	9:30-11:30	<a href="#">Click here to book</a>
<b>Session 2</b>	Reflective Group Supervision: 'Same storm, different boat'	Sue Lansley, Teaching Partnership Social Work Lead	Using images and reflection cards you will have space and time to reflect in small groups on the personal and professional impact of Covid 19 and what Self Care means to you.	12:00-13:00	<a href="#">Click here to book</a>
<b>Session 3</b>	Experiential Workshop: Looking after yourself in challenging times	Mandy Hagan, Here and Now Training	Participants are invited to engage in a range of group and individual activities to facilitate stress management, self-care, and emotional resilience. Informed by CBT, Person Centered and Strengths Based approaches, NLP, mindfulness and relaxation research.	14:00-16:00	<a href="#">Click here to book</a>