



Social Art Summit

SELF CARE & THE SOUNDING BOARD

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HOW TO BE A SOUNDING BOARD - Peer-support

One-to-one or groups:

- Listen
- Don't judge (avoid using 'should')
- Avoid giving advice.
- Use the 'I' to own your response.
- Avoid 'why'
- Use the phrase 'and what else' to enable partner to deepen their thinking & reflection.

In groups:

- Sit in a circle
- Speak in rounds
- Hold a talking stick
- Be kind
- Speak from the heart
- Be brief

HOW TO BUILD A STRUCTURE – Group conversation

A) Reflective questions on events and conversations that have happened

- Context - What happened? What were you thinking? What were you feeling?
- Reflection on event - What do you think/feel now?
- Perspective - What would a non-judgmental observer think/feel?
- Future: What are the choices available to you? OR 'and what next?'
- How are you left feeling/thinking?
- How would you like things to be?

B) Reflection on practice

- What did I do well?
- What would I change?
- What did I learn about myself?
- Where are my areas for growth?

OTHER FORMS OF SUPPORT - different layers

SELF

Know yourself - what stresses you / understanding your triggers. Monitor this and be aware of what you need.

Understand your values and what draws you to this work.

Identify and communicate your personal boundaries - *We teach people how to treat us'*

Reflection - write down your experiences (see reflective questions above). Reflect as close to the event as possible.

Build in recreation - exercise, mediation, fun, arts, socialising, giving.

CONNECTION WITH OTHERS

Plan in peer support and connection with others.

Set up a listening group in pairs or with a small group.

Set aside a regular time in person or online.

SPECIALIST PEER SUPPORT

Seek specialist support by a practitioner who has a deep understanding of the context, practices where you work. Such practitioners can help you to explore what might be going on for you and the people you are working with, your competencies, and help you to reflect on what might be challenging you as an authentic practitioner.

COACHING

Enlist a coach to help you to explore you and your practice. This could include how you 'show up' in different settings, explore what gets in the way, and how you'd like things to be in your life and in your practice.

THERAPY

Find a therapist to help you to explore and process more deeply your feelings, experiences (past and present) and to gain a deeper understanding of your psychological reality.