DAY 2
ORGANISATIONAL & INDIVIDUAL SELF CARE ♥

#TRAUMA INFORMED BARNARDOS

TRAINING
- LUNCH & LEARN
- FOR ALL STAFF
- DECIDER SKILLS
- WHAT'S AVAILABLE ALREADY?
- AWAY DAYS
- PROTECTED TIME
- STRENGTHSCOPE

MODEL THE MODEL
- CONSULTATION
- OUT OF HOURS PHONE & EMAIL
- THERAPUTIC POLICY

ENVIRONMENT
- WALKING MEETINGS
- FREEDOM TO INNOVATE & FAIL
- MIXED STANDARD OF PROPERTY
- STAND-UP DESKS
- BETTER TECH

WELLBEING ACTIVITIES
- IN TEAM MTGS
- BRING YOUR PET TO WORK
- MENTAL HEALTH 1ST AIDER
- WELLBEING WEDNESDAY

CELEBRATE SUCCESS
- DUVET DAYS
- GIFTCARDS OR MEALS

DR KAREN TREISMAN

IMAGISTIC.CO.UK

WE'RE STRONGER TOGETHER!

IS ESSENTIAL

SELF CARE

TREAT PEOPLE HOW YOU WANT TO TEACH PEOPLE

KAREN TREISMAN

HIGH EXPECTATIONS

WE TAKE IT HOME WITH US

WE'RE ALL ABOUT PEOPLE BUT WE DON'T HELP EACH OTHER

BUT IT'S COMPLEX

WE GET SOAKED IN TRAUMA

OUR JOB IS NEVER ENDING...

BLOCKED TRUST ⇒ BLOCKED CARE ⇒ BLOCKED CHANGE

BEHAVIOUR IS COMMUNICATION

ORGANISATIONAL DEFENCES

RIGID THINKING

BLAME & SHAME

REACT INSTEAD OF REFLECT ?

CRISIS CRISIS

WE CAN MISS THE OPPORTUNITY TO HELP THE CHILD

WHY AM I HERE?

ORGANISATIONS ARE ALIVE

GET STUCK

BECOME CONFUSED

AND FRAGMENTED

AND GHOSTS OF THE PAST STAY WITH US...

MIRRORING BEHAVIOUR

SPREADS THROUGHOUT THE ORGANISATION

STRESS

FEAR

ANGUISH

CHAOS

INTEGRATION

RIGIDITY

DAN SEIGEL

WHAT'S YOUR EMOTIONAL DYNAMITE?

OUR HOTSPOTS

WE ALL BRING OUR OWN LENS

MYLIFE

MINDFUL OR MINDFULL

LEFT TO RIGHT

SENSORY BOX

HAND BREATHING

SMOOTHIE

DOWN REGULATING

UP REGULATING

SAFE PLACE

TIME MACHINE

SELF REGULATION

WELLBEING LEADS TO WELL DOING

THE WELLNESS PROJECT, KENYA

HOW DO WE LIGHT A FIRE IN OTHERS IF WE'RE BURNT OUT OURSELVES

SNOWFLAKES ARE ONE OF NATURES MOST FRAGILE THINGS BUT LOOK WHAT THEY CAN DO WHEN THEY STICK TOGETHER