



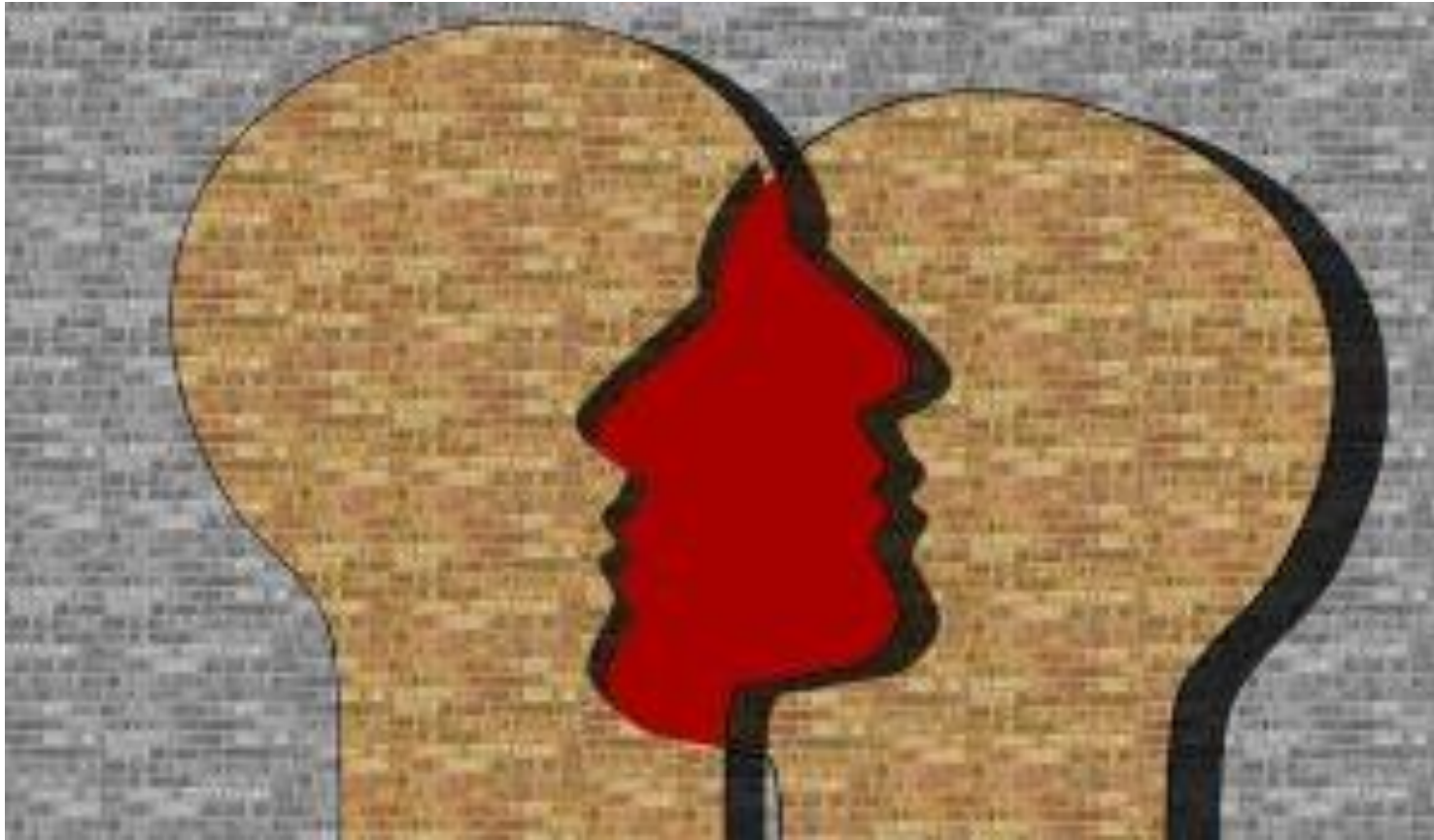
Tracie Collins – Head of Service  
Suzy Mosedale – Consultant Social worker

The background features several overlapping speech bubbles in shades of blue, pink, red, green, and purple. In the foreground, there are silhouettes of four people in profile, engaged in conversation. Two are in grey, and two are in dark brown. The overall theme is communication and discussion.

# Facilitating a discussion

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- What language is used in your teams around wellbeing and mental health?
- What messages does this create or contribute to?
- Whose responsibility is it?
- When is it spoken about?



## Awareness raising

- Talking about the impact of working with trauma.
- Vicarious trauma.
- Compassion fatigue.
- Burnout.

# SIDE EFFECTS






Flipping your  
lid.

A green mug with a white handle and a white rim. The mug features the text 'YOU CAN'T POUR FROM AN EMPTY CUP' in a bold, black, sans-serif font. The text is arranged in four lines: 'YOU CAN'T' on the top line, 'POUR' on the second line, 'FROM' on the third line, and 'EMPTY CUP' on the bottom line. There are several colorful floral illustrations on the mug, including orange flowers, pink flowers, and a purple flower. A semi-transparent white circle is overlaid on the left side of the mug, containing the text 'Celebrating self-care' and a list of bullet points.

## Celebrating self-care

- Considering what behaviours we champion.
- What does this mean and how does this inform organisational scripts about what is valued?



# Creating an environment of peer support

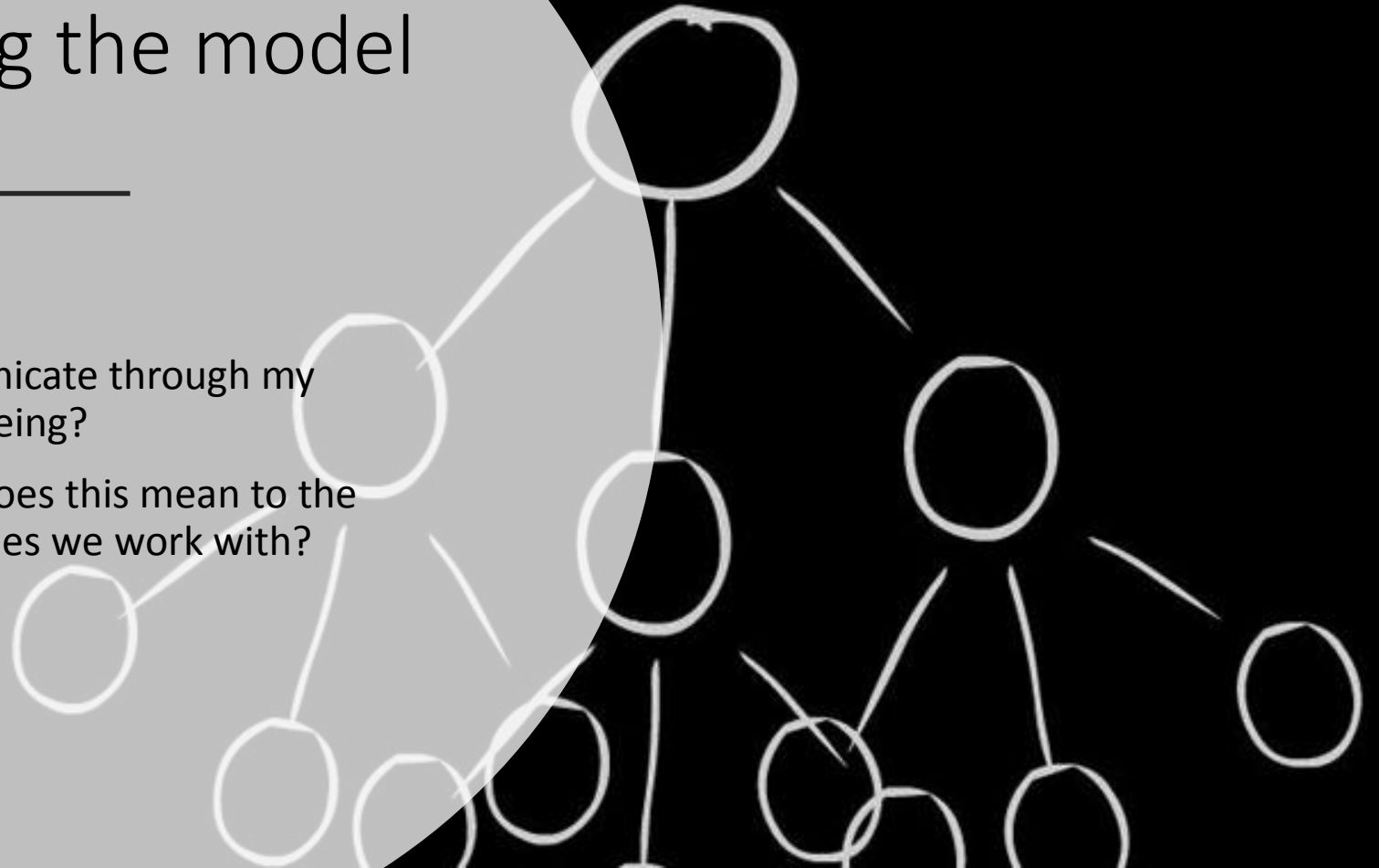
How do you facilitate and support the development of effective team work?

# PAY IT FORWARD



## Modelling the model

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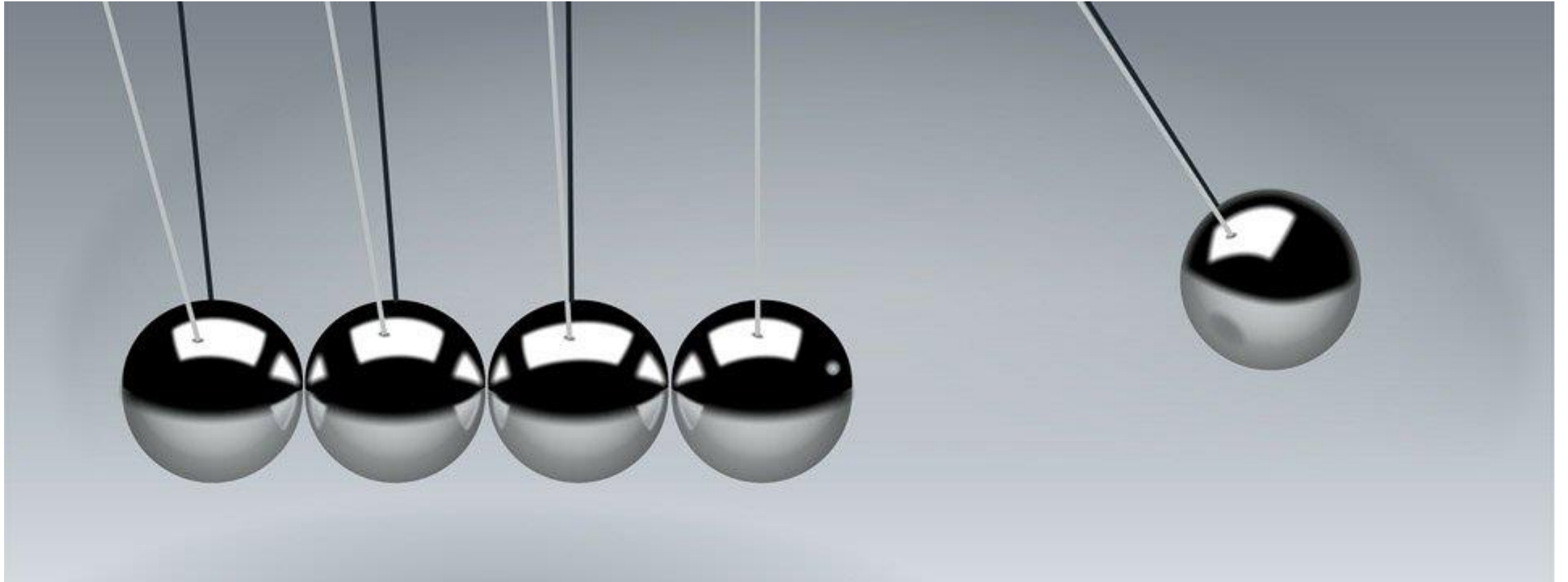
- What do I communicate through my approach to wellbeing?
  - What difference does this mean to the children and families we work with?
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Re-framing.

Make a commitment



Any  
questions?

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