

Small personal changes for big professional results

Dawn Mulvaney

Introduction

Dawn Mulvaney
CACHE Alumni

Today's intentions:

To explore the relationship between self care, professional development and providing high levels of support to those we care for.



What has self care got to do with caring for others?

Self care might seem like a strange focus, when talking about the best ways to care for others... but it's an *essential* part of being a good practitioner.

Self care isn't just taking time or having a bath... it's all of the things that help us to self-regulate and to progress in our roles.

Self- regulation

Consider how we react to difficult situations when we're feeling rested and how things might be more difficult to navigate when we're tired, stressed or struggling.

Is communication easier?

How do you react differently?



Traditional self care

Taking a bubble bath

Going for a walk

Watching a film

Eating something yummy

A night on the sofa

A good stretch

Social media blackout

A day at the seaside

Planning and Organisation

Having 'free' time

Things to look forward to

All bases covered

To-do lists

Work/Life balance

Time to plan ahead

The right headspace

Work environment

Professional Development

What do I need to know?

What do I want to know?

What would it help to know?

What am I interested in?

Social media CPD

Personal Learning Networks

Formal or informal?

YouTube

Innate drive to learn

“Everyone is born with an intense desire to learn. Infants stretch their skills daily. Not just ordinary skills but the most difficult tasks of a lifetime like learning to walk and talk. Babies don’t worry about making mistakes or humiliating themselves....they just barge forward....what could put an end to this exuberant learning?”

(Carol Dweck, Mindset, 2008)

Exploring Need

“Children need the freedom and time to play. Play is not a luxury. Play is a necessity.” – Kay Redfield Jamison

Resilience is not something we ‘have’ or ‘have not’. It’s having the space, time and capacity to process everything on our plate.

Play is not just for children. Play is how we build resilience, research and test our assumptions.

Does your team have space to play? If not, how can they have the capacity to process issues, overcome problems or find solutions?



Creating and critically-thinking

“Imagination is more
important than knowledge”
(Einstein).





Individual CPD

Articles

Videos

Short e-learning

Social Media

Discussion

Projects

Sharing

Resource development

Career planning

Team meetings

Qualifications



Tracking CPD

Thanks for listening

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Dawn.Mulvaney@cache.org.uk