



Macc webinar – Resilience
Date of webinar: 29 April 2020

Further training

7 May, 2-4pm (1.30pm for additional Zoom introduction)

Voluntary Sector Assembly – Wellbeing for Staff and Volunteers Working Remotely

The focus of this Voluntary Sector Assembly is the wellbeing of staff and volunteers. It is a space for participants to hear about good practice and share resources, ideas and concerns. The conference will have expert input, and workshops on: supporting volunteers; supporting furloughed staff; and supporting staff and teams.

Host - Macc

Cost – Free

Booking - www.manchestercommunitycentral.org/event/voluntary-sector-assembly-wellbeing-staff-and-volunteers-working-remotely/2020-05-07t130000

13 May, 12-1pm

Team Resilience

This webinar will look at team resilience in current times and give practical advice to build resilience further

Host – Macc and Be Ahead

Cost – Free

Booking – coming soon

Please visit Manchester Community Central training page for all training / webinars

<https://www.manchestercommunitycentral.org/support-groups/training>

Q&A

Q. Can we sometimes generalise and say that people are resilient, because they have been through difficult situations, i.e. refugees, any thoughts on whether there is some truth in this?

A. Resilience is going through experiences and learning.

Q. How do we get a balance to structuring life?

A. Changes that can be useful include stopping work at a certain time to have time between work and personal time. You could set an alarm for this. To change clothes between day and evening. Listening to music after work as we might do if we commute. To only look at social media at certain times of the day.

Q. If a person has recently had an illness or trauma before Covid lockdown, how might that reaction pattern change?

A. Trauma is an experience and we need to reflect. By learning from what we have experienced, we can become more resilient. Also, we can try to reset to a new situation and accept change. You can try to write down things you learnt from experiences - what helped and how could you use them now?



Q. Can you say a bit more about the two circles for controlling emotions, if we support people to put things into the two circles, what guidance can we give/ could we be discussing for someone to manage their emotions?

A. The outside circle is what you can't control e.g. virus, other people, and the inside circle is what you can control e.g. within your own job. Try to deal with what you control and also is there anything you can deal with about things you can't control?

Resources

1. Brene Brown has some videos on vulnerability - <https://brenebrown.com/videos/>
2. Robertson Cooper (Manchester) - <https://www.robertsoncooper.com/>
3. Setting yourself up for wellbeing – Personal Resilience COVID-19 crisis special edition - <https://www.robertsoncooper.com/iresilience/>
4. Chris Johnstone - Seven Ways to Build Resilience- <http://collegeofwellbeing.com/>
5. Kathryn McEwen Working with Resilience- <https://workingwithresilience.com.au/>
6. R@W - <https://workingwithresilience.us7.list-manage.com/track/click?u=006e72f82aa236611a1a72c42&id=ee823c1342&e=9ff5b697f9>