



'Making it all worthwhile'...

A workshop for practitioners

There is a growing interest in the need to help service users and carers find a sense of inner meaning to sustain them in meeting the challenges confronting them. These issues are often relevant for professional care-givers – after years of professional practice it's easy to feel a sense of disillusionment and even burn-out as we try to make sense of our working lives in the context of our experience, our beliefs and value systems.

'Making it all worthwhile' will address some of these issues which are easy to put on one side in our busy working lives. How can we identify those values and beliefs which sustain us in our daily practice? Can we rediscover that sense of meaning and purpose which sustains us in our working as well as personal lives?

.As well as considering our own personal support systems, the workshop will be an opportunity to re-focus on and reaffirm our values as professional workers and consider in what ways we can look after ourselves as well as sustaining our commitment and enthusiasm in our work in social care.

In the course of the workshop we will consider:

- Finding and using opportunities to understand and nurture our 'inner self'.
- Reviewing our values and belief systems and reaffirming these for the future.
- Looking after ourselves – developing self-care skills as well as personal support and coping skills.
- 'Recharging our batteries' to sustain us for the future.

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