

Safe Spaces, Brave Spaces

Reflective practice and team wellbeing

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Frontline
Network
Partner





Connection

“...and she looked me in the eyes, and we were sad together for a while. I’ll never forget how that felt. Like not being hungry.”

Demon Copperhead by Barbara Kingsolver

St
Martin
in
the
Fields

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“I am because we are” – *Ubuntu*

“We interact, therefore I become”

Ryle & Kerr, 2002 *Introducing Cognitive Analytic Therapy*

St
Martin
in
the
Fields

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Illbeing

Wellbeing

St
Martin
in
the
Fields

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Creating safe spaces

Create a 'container' that works:

- Agreed time/place
- Agreed guidelines
- Commitment
- Dialogue

Dialogue

**Asking questions
that matter**

**Listening with
the whole body**

**Appreciating
from the heart**

Questions that matter

- How do you care for yourself?
- What inhibits the flow of compassion in your (work) environment?
- What promotes the flow of compassion in your (work) environment?

Thank you

Any Questions?



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