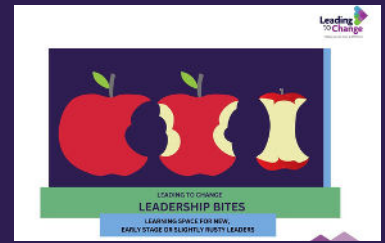


LEADERSHIP BITES TAKEAWAY



WELLBEING & YOUR DEVELOPMENT - SESSION 8

Whet your appetite:

Much has been written about how we show up as leaders and how this impacts the wellbeing of others, and how it therefore sets the tone for the culture of the team or organisation we work in. But what about the impact of being a leader on your own wellbeing?

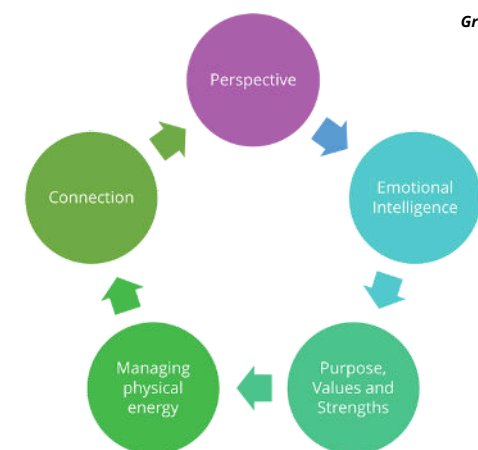
This is where your wellbeing and your leadership development - whatever stage you are at - come together to help you grow as a leader and as an individual in good mental, physical and emotional health.

What skills and practices are key to develop when you move from being one of the team to leading it, or what is helpful when you're the person people turn to?

In this session, we'll consider what it looks like when you put on your own oxygen mask first and assess how you are doing right now and how best to move forward.

This event is suitable for both those who do and who do not manage teams.

The Leadership Model:



Graphic based on the Building Resilience - 5 Key Capabilities model from Roffey Park model.

The Building Resilience model from the Roffey Park Institute, considers 5 key capabilities – things in which we need to be capable (competent) to build and maintain a healthy resilience. We picked this model as it offers a 'whole person' view and is based on capabilities, so naturally lends itself to identifying actions to take into your development plan. It is based on a level of self-awareness of how we are doing and the ability to dial up or down as we need, to ensure we are as healthy and well as possible, when things are good and when things are tough. We need to pay attention to all of these elements to support our resilience.

“When leaders focus on wellbeing and create space to care for themselves and others, they become more effective — as individuals, on their teams, within their organizations, and even impacting their entire communities.”

Center for Creative Leadership



For reflection:

Using the model as your basis:

- How would you rate your **current** ability out of 5 for each capability?
- How are you managing self, balancing what you need as a person and your professional role?
- What one action could you take away for one of these that would make the biggest impact for you in and out of work?

What next:

- Set a **target** score out of 5 for each of the capabilities - for 6 months from now.
- Compare your **current ratings** (see above) for each and identify **one** thing you will **Start, Stop** or **Continue** for each one to reach that target score.
- Find a friend to keep you honest in trying to prioritise your wellbeing and achieve these.

Explore More:

Watch: [8 Things resilience people do - Psych2Go](#)

Read: [Building Resilience - 5 Key Capabilities - the Roffey Park Institute](#)

View: [Slides from the session as a pdf.](#)