

3DHB Staff Welfare & Wellbeing Reflective Learning Activity

Mai i te Korowaitanga, ka tauke te ora.

When one is fully supported and guided, there is hope.

We all bring our experiences, our values and our beliefs with us when we come to work. As leaders, we must balance our own world view with that of the people we lead. If we can achieve this, we can gain the value and strength that diversity brings to our mission to deliver safe and compassionate care to our communities.

Taking time regularly, to reflect on the role that our world view plays in how we lead and interact with others, can help us to grow and develop as leaders and to be more able to support the wellbeing of our people.

This activity is designed to guide you through a reflective process, to strengthen your compassionate leadership skills. You may want to discuss your responses with someone you trust.

- What makes up my world view?
- What/who influenced how I view myself, the world, the future?
- What do I think is the same/different about me from the people I work with?
- How does my world view influence my ability to understand the perspective of others?
- What can I do to continue to increase my awareness and understanding of how my world view impacts on my leadership approach?
- What do I do to keep focus on the different realities and needs of my team?
- What will I do to create space to be able to respond rather than react?
- What kinds of things can be helpful to do when I make the wrong assumptions or react in a way that harms my relationship with others, to restore and repair the relationship?
- How do I recharge? What gives me energy?

“Between stimulus and response there is a space. In that space lies our freedom and power to choose our response.”