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Monday 28th January, 2019
 10.30am-3.30pm
 at Haslemere Educational Museum

CPD Day 1: Resilience, creativity and self-care in times of change

- To focus on building personal skills and strategies to cope with change.
- To build and begin to practice three powerful inner resources to support managing change in personal and professional lives.
- To be empowered to move forward in the face of uncertainty.
- To create a culture of peer to peer support within the LLF network.

Notice & Exercise

10.00-10.25 REGISTRATION, REFRESHMENTS & TIME
 Galleries will be open if people would like to wander at their leisure.

Mindfully Managing Change

Naomi Ward, Life Coach for People in Education

10.30 INTRODUCTION TO THE DAY

Connect

Creating the Space.
 We will begin the session by asking for what we want and need during the training, such as confidentiality. This is a live agreement which we will add to during the workshop.

Learn

Maintaining Our Values. During this part of the workshop we will explore our personal values as our internal compass and the ways in which we can use this compass to help us make decisions, even when our environment is unstable, complex and ambiguous.

Exercise

11.50- 12.05 Cup of tea and a stretch of the legs with a Mindful activity

Notice

Overcoming Negative Self-Talk. Sometimes called the ‘Inner Critic’, ‘Gremlins’ or the ‘Saboteur’, all of us have self-sabotaging inner voices that hold us back. Preserving the status-quo is part of the Inner Critic’s job, so it is particularly loud when we are facing change. During this part of the workshop we will focus on ways negative self-talk holds us back and strategies for diminishing these voices and their impact.



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<p>Learn</p>	<p>Self-Compassion. During this part of the workshop we will learn the importance of taking care of ourselves when we are struggling, and nurturing a more compassionate inner voice.</p>
<p>Connect & Exercise</p>	<p>1.15pm-2pm Time for a catch up with colleagues and to explore the grounds and galleries over lunch.</p> <p>LUNCH WILL BE PROVIDED</p>
<p>Notice</p>	<p>A quick Learning Liaison Forum update before the start of the afternoon session.</p>
<p>Learn, Connect & Volunteer</p>	<p>Skills Sharing and Support. In any time of change, whether these are personal, internal or external influences, it is important to recognise and value the expertise we have, and that we have around us. This part of the afternoon will generate an informal audit of skills and expertise for peer-to-peer support across our network.</p>
<p>Connect & Learn</p>	<p>Closing Circle.</p> <p>Naomi will bring the day to a close reflecting on our learning and intentions.</p>
<p>Exercise</p>	<p>3.30pm End of CPD Day 1.</p>

Thank you for coming. Have a safe journey home.

The Learning Liaison Forum aims to provide a network of support for those with a responsibility or interest in museum education to maintain their skills, knowledge, health & wellbeing in an increasingly demanding sector.

The 2019 LLF training days focus on **skills** to support personal and professional development. Wherever possible, meetings will incorporate the Museum 5-a-day* wellbeing principles to Connect, Learn, Exercise, Notice and Volunteer.

#Museum5aDay is a Learning Liaison Forum initiative.

Find out more on the Learning Liaison Forum website <http://learningliaisonforum.org.uk/museum-5-a-day>