



Workshop

Conversation

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ACTIVITY

A stylized illustration of three people in a discussion. On the left, a man in a white shirt and dark pants stands with his hands on his hips. In the center, a woman in a red dress stands with her hands on her hips. On the right, a man in a white shirt and orange pants stands holding a large white card. The background is filled with various symbols: question marks, exclamation points, and speech bubbles. The entire scene is set against a light gray background with a pink geometric overlay on the right side.

IN PAIRS OR AS GROUPS ASK ONE ANOTHER THE QUESTIONS ON THE CARDS

Which questions created a more open conversation and why?

- How much physical activity do you do at the moment?
- What's a typical day for you?
 - Who do you see on a day-to-day basis?
 - What changes would you make to how active you are, and how do you think you could do this?
 - What is most important to you?
 - How much do you get out into your local community?
 - Would you like to be more active?
 - Would you consider yourself to be fit and active?
 - Do you exercise enough?
 - How many days per week do you do moderate or higher physical activities?

Tools we use (for quality conversations)

- ❖ Wellbeing checklist conversation checklist
- ❖ Carers Assessment - full assessment of an unpaid informal carer. Can take place over the phone or in person, can be 1hour or more
- ❖ Reviews of carers assessments- takes place usually 1year or more following last CA
- ❖ Supervisions 1-2-1 and PDR (appraisals)
- ❖ Wellbeing Handbooks
- ❖ Training and workshops revisited around how these are utilised
- ❖ Team meetings

Thoughts...



- ▶ How is this applicable to your every day role?
- ▶ What tools do you use or have?
- ▶ What could be altered to include conversations around being active?
- ▶ How comfortable or confident are you?
- ▶ How can you introduce dialogue around being active; your role paid or unpaid, home, or workplace.
- ▶ How much do you do a wellbeing conversation with someone naturally or planned?

Strength Based Approach

What this means and why is it so important?

