

News Bulletin 2018/19 Edition 4

Risk Management and Reassurance

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Bill Crocker's contact details: Telephone: 07795 190 130

Email: bill.crocker@delegatedservices.org

twitter.com/delegatedserv www.delegatedservices.org

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Welcome to Edition 4 of your lovely* DS Bulletin!

We start with a piece from our Nick Clitheroe, a coach from our Wellbeing Team, then launch into a follow-up piece by LeaderPulse on their Leadership Development Tools.

Liz says: "A few months ago, I questioned Bill why our Coaching, Mentoring and Leadership Support network professionals are listed in our wellbeing team and not "business management"?

"The answer is this: recent evidence has shown whilst yoga and mindfulness programmes do of course have benefit the greatest and most lasting changes to staff wellbeing/sickness reduction comes from tackling organisational issues.

"This is why we have expanded our resource in this area. It is not about management day to day but also how an organisation handles change. It is also about identifying those who need the support early enough. And embracing a culture where it OK to talk and not a stigmatising culture. Too often people will wait until their mental health got so bad that they then take far, far longer off than needed. And as work, on the whole, is good for an individuals' mental health this neither benefits employee nor organisation."

In this edition there is a survey with one lucky participant to receive a free coaching session. See inside!

Also included in this bulletin: knife crime from a different perspective, the 10 most common safeguarding mistakes, a look at whether your single central record needs a little TLC and the usual Top Tips!

Enjoy!

Best wishes,

Bill Crocker

Executive Director

*thank you, Helen Giles, St Patrick's ☺



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