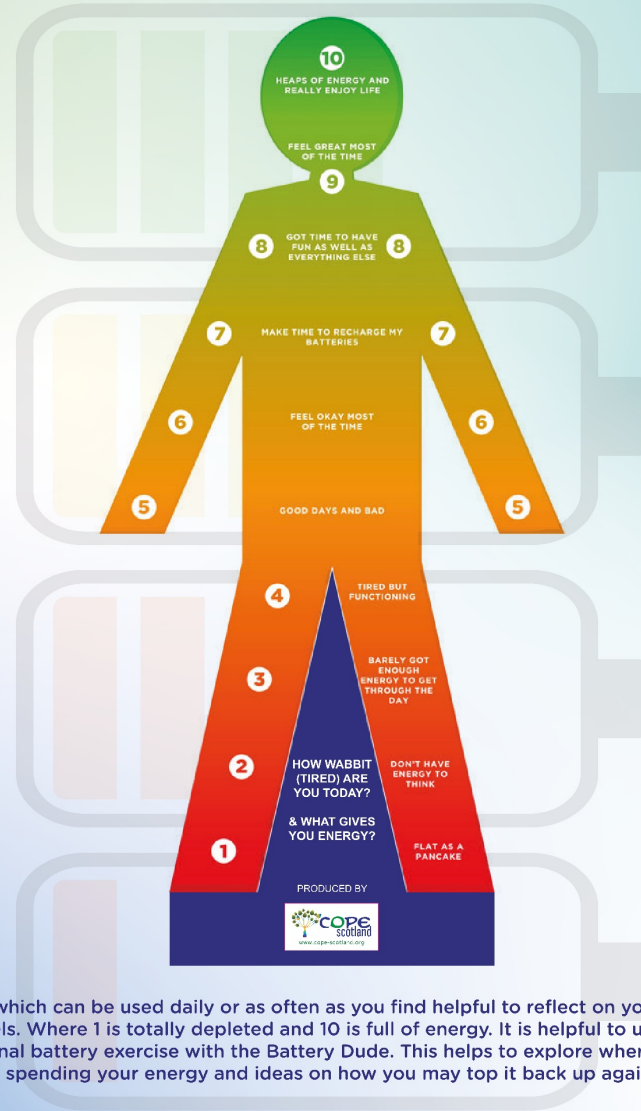


The Battery Dude



A tool which can be used daily or as often as you find helpful to reflect on your energy levels. Where 1 is totally depleted and 10 is full of energy. It is helpful to use the personal battery exercise with the Battery Dude. This helps to explore where you're spending your energy and ideas on how you may top it back up again.

How are your energy levels?



Scan here for more information

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Q is led by the Health Foundation and supported by partners across the UK and Ireland



Becoming Mindful of where you spend your energy and how you replenish it

Liberating Structure

15% solutions

What is made possible? You can reveal the actions, however small, that everyone can do immediately. At a minimum, these will create momentum, and that may make a BIG difference. **15% Solutions** show that there is no reason to wait around, feel powerless, or fearful. They help people pick it up a level. They get individuals and the group to focus on what is within their discretion instead of what they cannot change. With a very simple question, you can flip the conversation to what can be done and find solutions to big problems that are often distributed widely in places not known in advance. Shifting a few grains of sand may trigger a landslide and change the whole landscape

Attribution: Liberating Structure developed by Henri Lipmanowicz and Keith McCandless. Inspired by Professor Gareth Morgan.



Why 15% can be helpful



Move away from blockage, negativism, and powerlessness



Have people discover their individual and collective power



Reveal bottom-up solutions



Share actionable ideas and help one another



Build trust



Remember unused capacity and resources (15 percent is always there for the taking)



Reduce waste



Close the knowing-doing gap

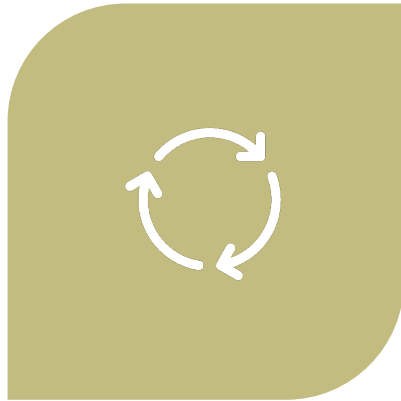
15% solutions in action

Things we can do to help increase feelings of being valued:

1. Celebrate achievement.
2. Involve people in decisions.
3. Be honest even when the message is a challenging one.
4. Reach out to individuals who may be struggling.
5. Make the time to connect on a one to one, recognise someone as a person not only the label they carry at work.
6. Recognise if you work part time you cannot deliver the same output as someone who works full time. This applies also when you work full time but on multiple projects.
7. Be mindful of the time when you send emails.
8. How we do supervision matters and how we value the restorative side of supervision and making the time for supervision. Use outdoor spaces where possible, face to face time.



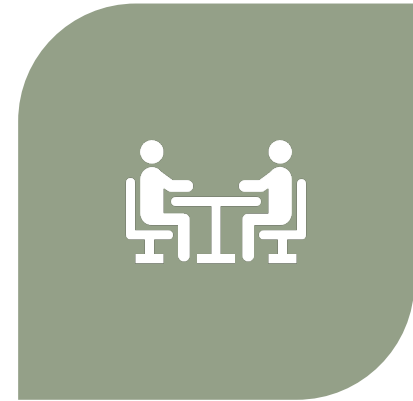
What is within your control when supporting meaningful engagement in online meetings?



FIRST ALONE, EACH PERSON GENERATES THEIR OWN LIST OF 15% SOLUTIONS. AND PUTS THESE ON A POST IT NOTE ON JAMBOARDS 5 MIN.



IN GROUPS OF 3 TO 4 TAKE A MOMENT TO READ WHAT OTHERS HAVE WRITTEN, DISCUSS AND ADD MORE IDEAS WHICH EMERGE 10MIN



COME BACK TO THE MAIN GROUP AND SHARE KEY INSIGHTS FROM EACH GROUP 5MIN