

# A week in the life

## Wellbeing Team Coach

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### Monday

**Morning:** Met with the meeting facilitator before South team meeting, gave her pointers on what would improve her facilitation. She ran the whole meeting this morning and I was on hand to coach the team to make decisions. After the meeting I gave the facilitator feedback about how she'd got on.

**Afternoon:** Spent half an hour on slack, reviewing how the teams have been using compassionate communication, sent some direct messages to team members to coach. Noticed how one of the team was really living our values and highlighted this.

### Tuesday

**Morning:** Checked in with Recruitment co-ordinator about next week's calls with potential wellbeing workers. He wanted to try out the questions for the call. Posted to the teams' facebook page sharing our values theme for the week.

**Afternoon:** Wellbeing Support Team weekly meeting with the Practice Coach and Community Circles Connector, on zoom today so did this from home.

### Wednesday

**Morning:** Posted a values reflection question on slack for the Wellbeing Workers in both teams.

Call with Wellbeing Worker from North team to support him to think about what he needs to raise regarding his tension about booking time off. Direct messaged two of the wellbeing workers to prompt them to think about any tensions they might have so they can participate in this part of the meeting this afternoon.

**Afternoon:** North team meeting at the community centre. Met with the meeting facilitator before hand to support her with planning of the opening and closing rounds. Suggested that she also facilitate the rules, roles and actions parts of the meeting. We had a quick catch up after to talk through the parts we thought she had facilitated well. We learnt some new information about two of the Wellbeing Workers today that the Reporter/Recorder noticed too and updated the Person-Centred Team plan, gave him feedback on how well he'd done!

### Thursday

**Morning:** Spent some time on Slack. I reviewed the responses to the values question and added some comments. Asked two of the team if I could share their examples with the

Community of Practice next week,. The storyteller had also picked up on these and it was good to see their examples on facebook this afternoon.

**Afternoon:** Zoom call with the other Team Coaches in the community of practice, got some help with on coaching via slack and found the scenario practice around supporting decision making really useful. Updated my individual development plan

## Friday

**Morning:** Reviewed slack conversations on decisions in the teams and sent some DMs to feedback where I spotted good practice. Checked in with the buddy pairs who met this week and how they were doing with their wellbeing plans.

**Afternoon:** Sent direct messages to give individual feedback to the wellbeing workers on how they had got on with self-management this week. Sent a love note to the meeting facilitator from South team to let her know how much I appreciated her brilliant facilitation on Monday.