

Diocese of  
Southwell & Nottingham

Schools Senior  
Leadership Conference

Creating a culture  
of Wellbeing

'I will do all through him who  
strengthens me' **Philippians 4:13**

Leading and managing  
*your well-being*

Well-being commitments...

- Rehearse your 'why'
- Discern your unique life rhythm
- Connect under pressure
- Engage in 'faith-filled' pauses

Rehearse your 'why'...

- *Appreciate* the significance of your sense of **purpose** (it erodes...)
- *Embrace* the value of your **contribution** (it can get lost...)

Rehearse your 'why': Purpose

**Purpose:**

The reason for  
which  
something  
exists or is  
done, made or  
used.



Rehearse your 'why': Purpose

Individual

Why I do what I do...



Organisation

Why we do what we do...

**Rehearse your 'why': Purpose**

It's like the North Star...  
It steers us on a course through life that resonates deeply with the truth of who we are.

Rehearse your 'why': Contribution

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By Stik

**Discern your life rhythm**

- Apply the Sabbath principle
- Check your 'energy' gauge

Physical  
Emotional  
Mental  
Spiritual

**Discern your life rhythm**

- Apply the Sabbath principle
- Check your 'energy' gauge
- Acknowledge dangers e.g. burnout
- Learn to say 'no' (and 'yes')
- What does **your** rhythm look like? (activist, relational, contemplative, naturalist, sensate?)

**Connect under pressure**

**'Faith-filled' pauses**