

# *PROFESSIONAL PEER SUPPORT*

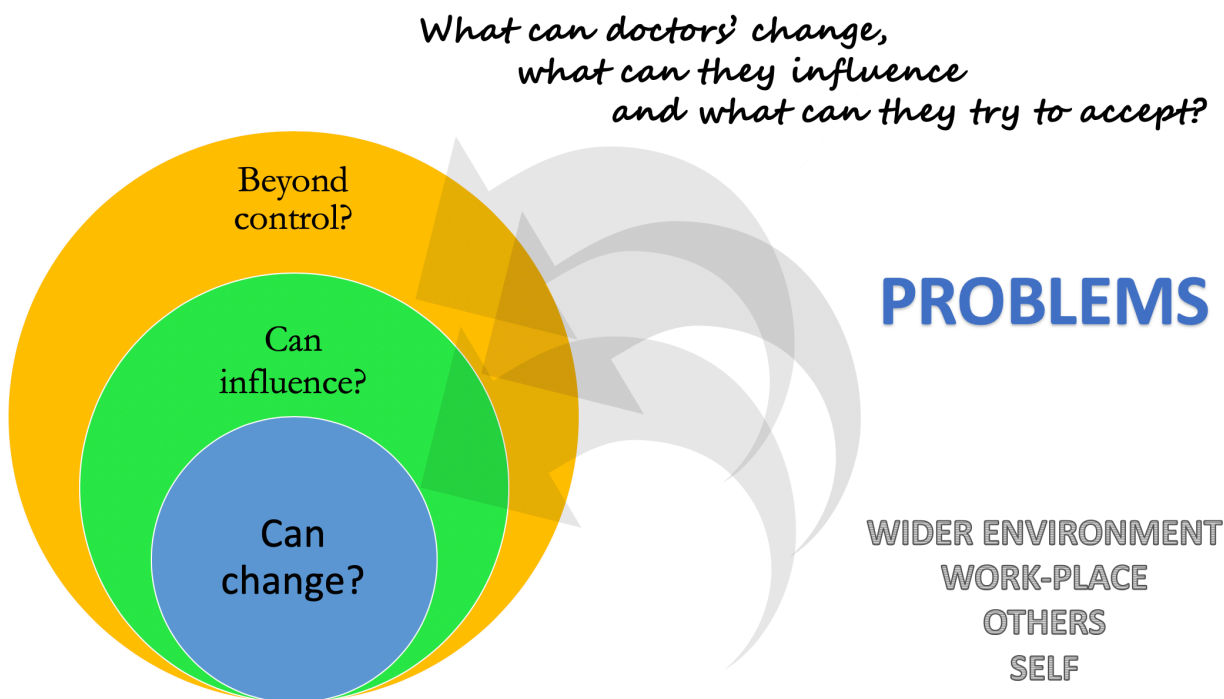
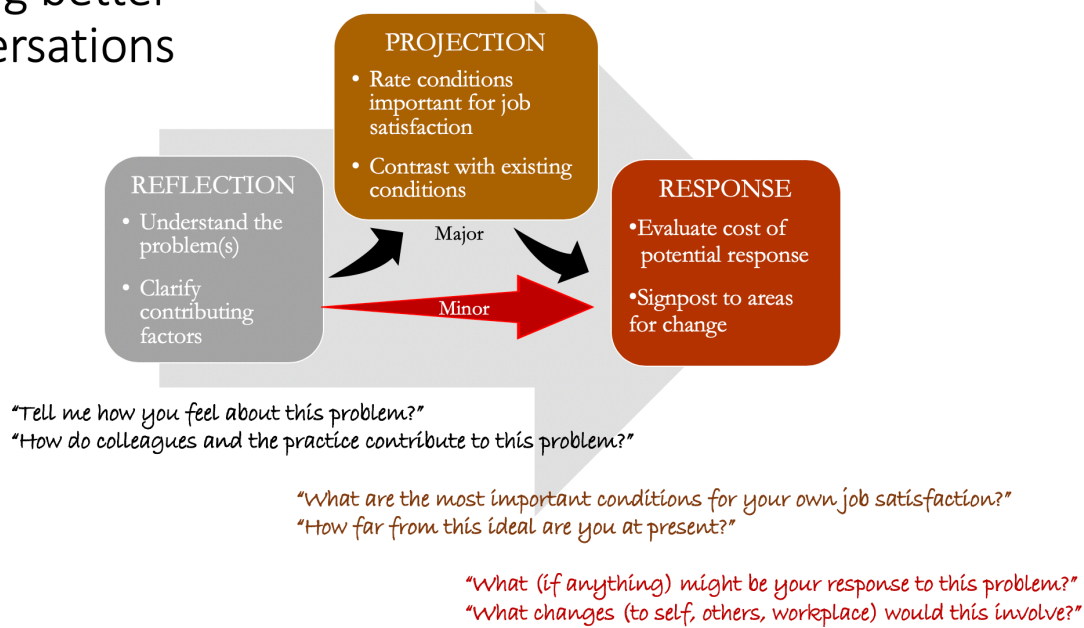
HAVING BETTER CONVERSATIONS - WORKBOOK

*NAME:*

*DATE:*

*PRIVATE AND CONFIDENTIAL*

# Having better conversations



## REFLECTION

[illegible]

## WIDER PERSPECTIVE / IMPLICATIONS

## WORKPLACE

RESPONSE 1 (MINOR PROBLEM)

## WORK PLACE

## WORK PLACE

NOW GO TO FINAL PAGE

PROJECTION	CONDITION	To what extent is this condition met?		GAP  (largest minus smallest)
		in CURRENT work environment  1 (not at all) - 9 (completely)	In IDEAL work environment  1 (not at all) - 9 (completely)	
	I can cope with work pressure			
	I can manage my workload			
	I feel valued			
	I can regularly communicate with peers			
	I can mitigate against clinical risk			
	I can seek new challenges			
	I can collaborate over problem solving			
	I have autonomy of approach at work			
	Other:			

RESPONSE 2 (MAJOR or RECURRENT PROBLEM)	TOP 3 AREAS WITH GREATEST GAP	WHAT CHANGES WOULD SATISFY THESE CONDITIONS BETTER?		
		SELF	OTHERS	WORKPLACE

ANTICIPATE THE EFFECT OF THESE CHANGES ON:

YOUR FEELINGS

THE WIDER PERSPECTIVE

NOTES / NEXT STEPS