



Work Well Being Warrant of Fitness – Is yours up to date?

Social workers, counsellors and mental health are required to have regular professional supervision to maintain their practising certificate. It supports their work well-being, and public safety. The majority of us spend most of our waking hours at work, in the company of our colleagues. We go to work, come home and, Rinse and Repeat. We're encouraged to park work at the front door and focus on our personal life, get up in the morning and head back into a busy workplace and...do it all over again.

A Work Well-being coach is your Thinking Partner. Their job is to ask the questions that help you to find your answers, and develop your own internal coach/supervisor.

“Somebody once likened solution-focussed (supervision) to that of a taxi driver. The client or supervisee in the back is the boss, tells the driver where he/she wants to go, has a purpose for the journey, and pays the fare. The driver’s job is to drive safely, keep a well-maintained cab, have the Knowledge, and be available for hire” (Waskett, 2006).

Work Well-being WOF Checklist:

- Is your taxi road worthy or in reasonable shape?
- Do you sometimes feel as if you've run out of petrol/stalled/your Sat Nav has stopped working?
- Is somebody up front driving the taxi?