



*Workshop: The self
as key to successful
relationship building in
social care*

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Just checking in on you.

**HOW YOU
DOING?**

Overview of workshop

At the end of this workshop, participants will have:

- Completed a team building exercise called the Marshmallow Team Task in small groups.
- Reflected on your role in the team task.
- An understanding of Belbin's (2015) 9 Team Roles.
- An understanding of the 6 domains of self-care with practical examples for each domain.
- Completed a Self-Care Plan for the week ahead.

Marshmallow team task: 18 minutes

Materials:

- 20 spaghetti sticks, 2 feet masking tape, 2 feet string, scissors, and one marshmallow.

Instructions:

- 1.Build the tallest freestanding structure in **18 minutes**.
- 2.The winning team is the one that has the tallest structure measured from the table-top surface to the top of the marshmallow.
- 3.The structure cannot be suspended from a higher structure, like a chair, ceiling or stuck to the table.
- 4.The entire marshmallow must be on top
- 5.Use as much or as little of the materials (except the marshmallow which must remain whole).
- 6.Teams are free to break the spaghetti, cut up the tape and string to create new structures.
- 7.Teams cannot hold on to the structure when the time runs out. Those touching or supporting the structure at the end of the exercise will be disqualified.

Marshmallow team task: Post task discussion

Reflect:

1. What was the strategy of the team?
2. What role did I play in the team?
3. What are the advantages and disadvantages of this role in a team?
4. What worked well in the team?
5. What would you and the team do differently if completing this task again?
6. Anything else?

Belbin (2015) 9 Team Roles

- Resource Investigator, Teamworker and Co-ordinator (the Social roles);
- Plant, Monitor Evaluator and Specialist (the Thinking roles);
- Shaper, Implementer and Completer Finisher (the Action or Task roles).
- Which describes you best today?
- Which describes you best in a work context?

Team Dynamics

- Important to recognise how we participate and relate in a team context.
- Recognising how other team members contribute is essential to effective team development.
- Sometimes we may need to take a role outside our normal tendencies to assist in completing a task effectively.
- Professional Development should focus on us developing and diversifying how we perform in a group context.

Domains of Self Care

- **1. Physical**
 - sleep / diet / exercise
- **2. Psychological**
 - Reflective journal / external supervision / turning off work email
- **3. Emotional**
 - supportive and positive friends / gratitude journal / coffee after hobby
- **4. Spiritual**
 - yoga / meditation / walk in nature / religious practices
- **5. Social / Relationships**
 - make time for friends and family / attend events
- **6. Workplace or professional**
 - clear boundaries with team and SU's / engaging in supervision

Self-Care Plan: Task (15 minutes)

- **Materials:**

- Copy of the Self Care Planning Template
- Pen

- **Instructions:**

1. You need to complete a self-care plan for 7 days.
2. Write down some things you are grateful for today.
3. List some things you learned about yourself today.
4. Under each of the 6 domains of self-care, list 3 goals for the week ahead.

Before you leave...

Reflect on:

1. The team role that best fits you?
2. The team role that pushes your buttons!
3. My self-care: am I meeting my self-care needs in all six domains?

Thank you all!

