

NADA pre-conference workshop: Introduction to Vikki Reynolds' Zone of Fabulousness and fostering solidarity

When: 9:00-4:00pm, 10th May 2023 **Where:** Gadigal Country

Contacts:

08:45-9:00

Registration open & networking

9:00-9:10

Welcome to Country

9:10-9:15

Dan introduction

9:15-10:15

Presentation

Workshop overview

Introduction to Vikki Reynolds

Overview of VR's key concepts

- Anti oppressive practice principles
- Burnout and justice doing
 - What is burnout as defined by VR
 - the problem is the problem - our people are not the problem
- Spiritual pain
 - AOD sector: work holds the intersection of caring for vulnerable people, which increases the risk of burnout and isolation
- The zone of fabulousness/balance
 - Entanglement: hero-mentality, self-centred, unclear boundaries, taking work home, taking other's pain as our own
 - Disconnection: negativity, staff-centred (rather than justice/community centred), avoidance, numbness, disinterest
 - The zone of balance is found in between

10:15 - 10:30	<p>Pair activity: What is at the heart of your work? Why are you here today? What makes your spirit feel called to this work?</p> <p>from: Zone of Balance, Reynolds, V, Brody, L, Gunn, A</p> <p>Or alternative icebreaker</p>
10:30-10:45	MORNING TEA
10:45- 11:15 Presentation	<p>The zone of fabulousness/balance (w writing prompts from The Zone of Balance)</p> <ul style="list-style-type: none"> - Entanglement and disconnection - the zone of balance is found in between - How do you know you're in the zone of balance? - Where is your work placed on this scale today? - Being balanced means you can give yourself feedback, be accountable, and accept critique - Howling at the moon: who are your go-to trusted people?
11:15-11:45 Group activity	<p>Group activity: Witnessing Our Collective Ethics</p> <p>from: Reynolds,V. (2011). Resisting burnout with justice-doing. The international Journal of Narrative Therapy and Community Work. (4) 27-45.</p>
12:00-1:00	LUNCH & NETWORKING
1:00-1:30 Presentation	<p>Solidarity Teams and people-ing the room</p> <ul style="list-style-type: none"> - What are solidarity teams? - Foster solidarity, creativity and collaboration through the use of solidarity teams

	<ul style="list-style-type: none"> - A solidarity team is group of people (living, real or imagined) who serve as a networked community of support which can shoulder you up, and accompany you in the difficult contexts of your work. - VR developed this working with survivors of torture and political violence - purpose of Solidarity Team is to contest the isolation and individualisation of workers by positioning them in the community. - To help you feel less alone when working with folks who have a finger-hold on dignity, and are suffering experiences of social and political injustice and exploitation. It helps “belong” you within a community of others who work in accord with our collective ethics, embrace a spirit of solidarity, and see our collective work as justice-doing - Invite you to build your own by choosing specific people from your lives, and carrying that team into your work in imagined and actual ways.
1:30-2:30	Group activity: Solidarity Teams exercise (30 mins) + group discussion (30 mins)
2:30-2:45	AFTERNOON TEA
2:45 - 3:15 Presentation	Fostering sustainability through VR’s anti-oppressive principles <ul style="list-style-type: none"> - Connection, collaboration and leaning into shared values as the antidote to isolation - The problem is the problem - you and your people are not the problem - Noticing and naming acts of resistance and reclaiming practices of sustainability - Community care as valid self care - Hope - what keeps you here?
3:15 - 3:45	Group activity: sharing how they will practically apply learnings and connections from today to foster sustainability
3:45-4:00	WRAP UP and CLOSE