

Systemic social work for senior leaders in Buckinghamshire

Workbook

Dear senior leader,

I imagine you have found the learning platform specifically designed for you to prepare you for our meeting in person. If you have not, please go to this address

<https://systemmark.co.uk/systemic-practice-for-senior-leaders/>

– or, much easier, click the link forwarded to you with the email that contained this pdf.

Below is are various spaces for “exercises”. Nothing too strenuous. The only thing you need, apart from the learning platform and this learning material is a pen or pencil - and a bit of time here and there. You do not have to do all this in one go. Stop when you had enough and pick it up again when you have time and space and want to.

And please remember to bring this with you when we meet in real life (just for yourself, you do not have to share this).

So, just start with the platform and the rest will fall into place...

First block – welcome and first ideas

1

How do you feel about the introduction of systemic practice as part of the practice model?				
Very negative	Negative	Neutral	Positive	Very positive

How do you feel about being asked to attend this training?				
Very negative	Negative	Neutral	Positive	Very positive

On a scale from 1 to 5, how confident do you feel about using systemic ideas in your leadership practice?				
1 not confident at all				5 very confident

2

What do you know or have you heard about systemic practice...

3

In one minute, name as many systems as you can

What do all these have in common

4

Reflections on “How wolves change rivers”

5

Reflections on this first “block”: What has that got to do with me and my practice?

End of first “block” ... WELL DONE 🙌

6

[illegible][illegible]

8

[illegible]

Third block – exploring meaning

9

Scripts in your family – how do you give or receive “feedback” in your family

10

Family life cycle ideas in your work

And that finishes the third block. Well done!

Fourth Block – working with risk and concluding the self-directed learning

11

The balance between the domains of action for you

12

Any reflections

And that was the self-directed learning. Well done! 🙌

I hope it gave you a good grounding for when we meet. Please remember to bring this to our in-person session.

Looking forward to meeting you then, Mark