

CONTRIBUTIONS

Leadership Coaching

- **Practising Coaching Psychology** – applying David Lane and Sarah Corrie’s Purpose, Perspective and Process Framework to inform a more systematic approach to Coaching Psychology.
 - Next workshop – **30 Aug, at NZ Psychologists’ Conference, Christchurch**
- **100 Day Manager @ Course** – design of this on-line programme for new (as well as experienced) managers is nearing completion. Developed and produced in partnership with <http://www.hma.co.nz>, the course covers the four essential focus areas that a New Manager encounters in their first 100 days:
 - Managing Personal Brand
 - Managing Work-Based Relationships
 - Managing Time
 - Managing Performance

The course can either be totally self-directed, or further blended as part of a coaching programme

You know to **contact me** to find out more about any of the above.

LEARNING POINTS

Leadership Coaching

- **Administrative leadership?** – More of a ponder point than a learning point. The leadership literature often explores concepts such as: engagement and transformation skills; authenticity; humility; conscientiousness; dark sides (e.g. narcissism); extroversion/introversion; emotional intelligence. Even procrastination and perfectionism are unpacked. However, I am still searching for more about the administrative elements of leadership as it is frequently an area of challenge, and feeds significantly into the frustrations of time management

“The only way to become less fearful of something we value is to approach it and have some new experience with it that teaches us it is not threatening” (Orsillo & Reamer, 2016).

- **Vulnerability is the birthplace of creativity (B. Brown)** – if you truly want to access the best of yourself, take courage to free all of your emotions: the pain as well as the joy. It can hurt to expose all of our emotions, especially when others take advantage of our authenticity, but with this freedom we are no longer limited. Check out: https://www.ted.com/talks/brene_brown_on_vulnerability

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Thanks for your referrals and recommendations – always appreciated.

CONTRIBUTIONS

Psychosocial support

- **Sleep hygiene as part of effective stress management: some points to consider** – can be found in the *International Journal of Stress Prevention and Wellbeing, 1 (Article 6)*: <http://www.stressprevention.net/volume/volume-1-2017/volume-1-article-6/>
- **The Resilience Interview with John Fawcett** – is an extended discussion on resilience in the humanitarian context: <https://www.resiliencecheckin.com/the-resilience-interview/the-resilience-interview-with-sam-farmer/>
- **Sierra Leone** – short visit to contribute to the continued resilience of Médecins Sans Frontières’ local and international staff working in maternal and child health

Supervision

- NZ Psychologists’ Board random Audit – I am pleased to report that I passed and that my practice meets the standards



LEARNING POINTS

Psychosocial support

Resilience – as a term seems to have multiple and evolving definitions. These can include “bouncing back”, “keeping going” and “moving on” from adversity. C Lawton Smith’s recent research (2017) revealed that leaders consider that resilience is not just about having capability (i.e. skill) to continue, but also the capacity (i.e. energy) to do so. For them, resilience is about the ability to keep going in a high pressured environment over a period of time: it didn’t require a specific adverse event to occur. Lastly, the ability for them to be resilient was influenced by their values: if you believe in what you’re doing, it is easier to keep going.

Learning Point? Understanding and enhancing resilience needs to be informed by the person/s whose resilience I am considering

Supervision

- **Supervision is** – the formal provision, by approved supervisors of relationship-based education and training that’s work-focused and which manages, supports, develops and evaluates work of colleagues ... [it is] evaluative ... obligatory ... uses corrective feedback, teaching, collaborative goal setting ... (Milne, 2009)
- **Privacy Act** – includes emphasising that clients need to be informed about what information is being collected, for whom and for what purpose

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