



**Self-awareness and reflexivity** – recognise how the demands of professional social work practice affect self and others. Develop the use of reflexivity to consider what has been learned and how this learning can contribute to personal wellbeing and effective and sustainable practice.

**Focus**      **7.1** Resilience and wellbeing.

### **Mandatory learning activity**

Identify your organisation's responsibilities to support staff wellbeing and understand your own responsibilities within these.

Develop the use of reflective and reflexive practice in your professional development and explore how this can contribute to your wellbeing.

Identify and discuss with your manager/supervisor the professional actions that will support your wellbeing and contribute to the wellbeing of your wider team.

Consider your own emotional responses when coping with a variety of difficult situations. Explore how you recognise and respond to the signs of vulnerability in yourself and others. Identify what supports you might need to help you when working and responding in these situations.

Research national initiatives and resources available to support wellbeing in the sector such as the National Wellbeing Hub. Share learning with colleagues.

Please note, this mandatory learning activity relates most closely to core learning element 7: self-awareness and reflexivity but all core learning elements are interconnected and should be considered holistically.

Please read [Core learning elements for social workers: NQSW descriptors and mandatory learning activity 2024](#) for full detail on how to meet the NQSW CPL requirements.