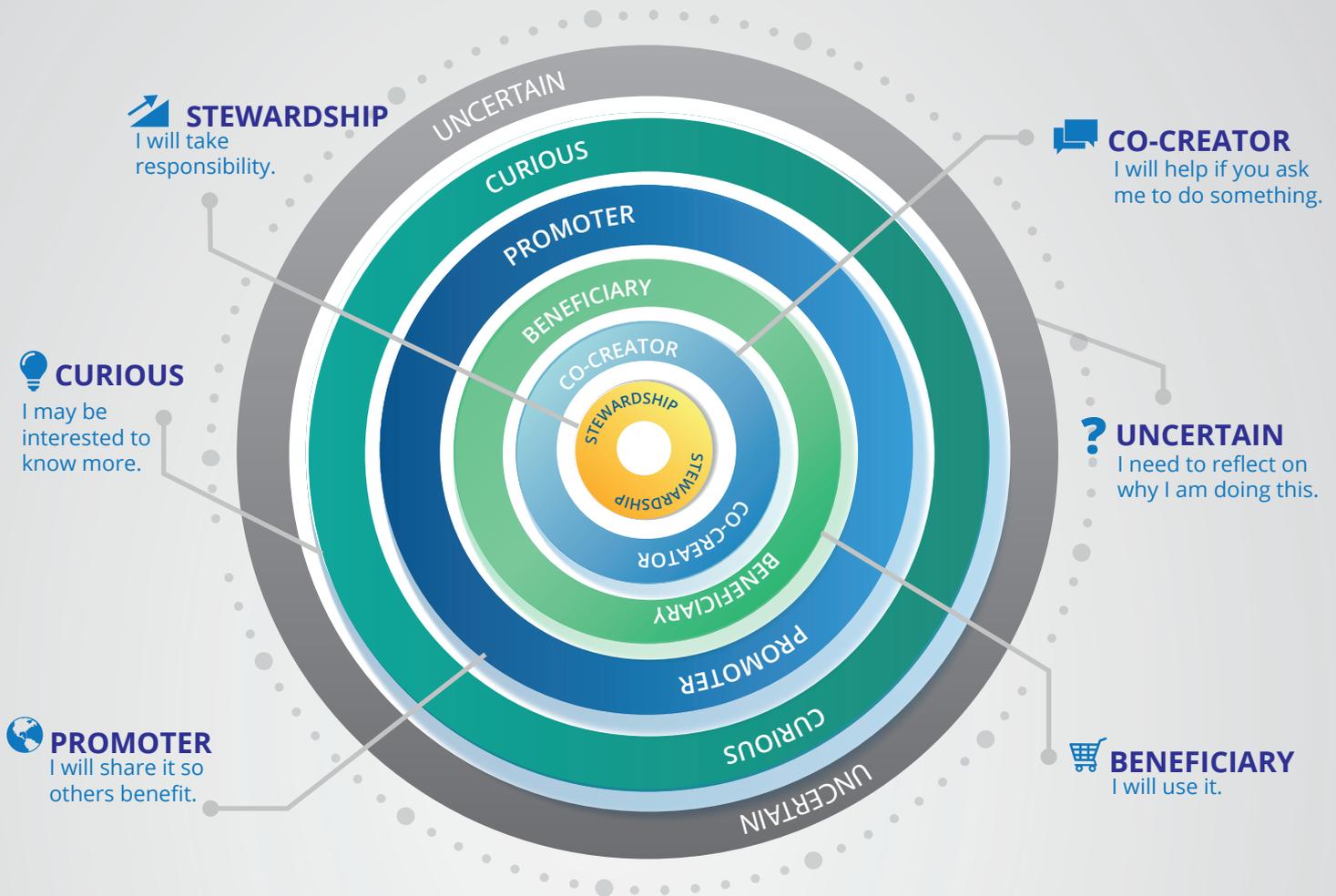


WHICH ROLE BEST REFLECTS WHERE YOU ARE AT THIS MOMENT IN TIME?



This infographic is a useful tool to use at the start of a meeting, or piece of collaborative working. It can be used often as our roles can change often. In a world where we can have many roles, sometimes in the same day, or even in the same piece of work, it's often helpful to reflect. Which is the main role I am in at this moment? Recognising it maybe all of them. However, we cannot do, or be everything at the same time. This simple exercise of being in the moment can help you focus your attention on what your priority is right now. This can be a useful Mindfulness practice to use in work and other settings. It can help you manage your expectations of yourself. It can also help manage others' expectations of you. This is important especially when working with others, towards a common goal.

We may have many settings and networks we are members of. Some we may have a stewardship role, in others a beneficiary, in others be curious and so on. We may even find within the same networks we start as stewards and then move on to become promoters, as others, perhaps who were curious, engage further and want to take on more responsibility, to achieve whatever goal is set. There is no role more important than the other, all are needed if an idea is to become manifest in the real world.

We have a heading of 'uncertain' as sometimes we do need to reflect. Why am I doing this? What is my role? Has it changed? Acknowledging we are uncertain invites us to invest the time on building the clarity within our own minds why we are doing something, or getting involved, even if at this moment if this is right for us. There are always more things we want to be a part of than have capacity to be a part of. Knowing where we invest our energy is also good for our wellbeing.

Nurturing Network Weaving in Scotland

Inspired by June Holley networkweaver.com
 Produced by COPE Scotland
 Nurturing Network Weaving in Scotland and beyond

