

# WELCOME

Firstly, I want to congratulate you on taking the first step in deepening your understanding of yourself and your journey.

Although extremely rewarding, the role of supporting others in need can also be challenging, even triggering at times. Recognising that you also require and deserve self-compassion and care is a beautiful realisation, and one I hope you will continue to prioritise throughout your lifetime.

Over the next 8 weeks we will share a space of reflection and inner movement, deeply reconnecting with your passion for your role, as well as identifying ways to increase your own resilience and joy, both within your caring responsibilities, and in your personal life.

I am very excited to walk this path with you and look forward to supporting you through this course.

*Lera Walpole*

# Fuel Your Fire



## 8 Week Coaching Program

This 8 week coaching program is for people who want to reconnect to their WHY and rediscover their passion for assisting those touched by trauma. It is for 2 main types of people:

- People who currently support those effected by trauma but are feeling the strain
- People who wish to re-engage in trauma work

Each week you will uncover and reconnect with different aspects of your WHY and rediscover the joy of, and connection to, your role. You will receive focused and structured written, audio and visual materials each week delivered directly to your inbox AND you will be supported by a weekly coaching call to answer any questions and assist you in developing a robust and holistic plan for maintaining inner wellness and balance.

Utilising clinical mindfulness and cognitive-behavioural techniques, this program will enable you to identify current and potential barriers to fulfilment in your work and home life, and help you to practice maintaining presence and groundedness along your journey.

By the end of this 8 week program you will:

- Have a clear connection to your reason for engaging in trauma work
- Understand your own unique responses and how best to maintain holistic balance in your own life
- Develop new ways of experiencing challenges as they arise
- Expand your personal and professional support systems, and
- Feel empowered and inspired in the vital role you play

# Outline



## **Week 1 – Your WHY**

REMEMBERING THAT ORIGINAL MOTIVATING FACTOR THAT BROUGHT YOU INTO THIS ROLE, THIS WEEK WILL FOCUS ON RECONNECTING TO YOUR REASON, YOUR MOTIVATION AND YOUR PASSION.

## **Week 2 – Finding Balance**

HERE WE TAKE A DEEP DIVE INTO SOME OF THE EMOTIONAL AND PSYCHOLOGICAL EFFECTS OF THIS WORK AND CONSIDER AREAS OF OUR LIVES THAT MAY NEED ATTENTION.

## **Week 3 – You Matter Too**

THIS WEEK WE WILL FOCUS ON US! WHAT KEEPS US GROUNDED, CONNECTED AND WELL. WE WILL PRACTICE WHAT WE PREACH BY REFLECTING ON OUR OWN NEEDS AND SELF-CARE.

## **Week 4 – Beneath the Surface**

WE ALL HOLD BELIEFS THAT CAN BOTH MOTIVATE AND HINDER US. THIS WEEK WE WILL IDENTIFY SOME OF THOSE LIMITING BELIEFS AND DEVELOP WAYS TO CHALLENGE AND RISE ABOVE THEM.

## **Week 5 – No-one is an Island**

ALTHOUGH WE MAY READILY GIVE TO THOSE WE SERVE, HERE WE LOOK AT WHO CAN GIVE TO US. WE WILL IDENTIFY OUR SUPPORT NETWORKS, AND PRACTICE HELP-SEEKING AND VULNERABILITY.

## **Week 6 – This is Only Now**

DRAWING ON TEACHINGS FROM OTHERS IN THE FIELD, WE TURN TO MINDFULNESS AND PRESENCE TO CREATE OUR OWN STRATEGIES FOR REGAINING BALANCE AND CALM IN TIMES OF OVERWHELM.

## **Week 7 – Only 3 Choices**


THROUGH EXAMINATION OF OUR OWN CIRCLES OF CONTROL, THIS WEEK EXPLORES THE ONLY 3 CHOICES WE EVER HAVE; ACCEPT, CHANGE, OR LEAVE, AND WAYS TO IDENTIFY THE DIFFERENCE.

## **Week 8 – Looking Up**

OUR FINAL WEEK IS ALL ABOUT WINS! DEEPLY CONNECTING TO THE MANY SMALL SUCCESSES THAT WE OFTEN OVERLOOK, AND CELEBRATING AND EMBRACING EACH AND EVERY ONE.

# Week 1 – Let's Begin!

## Your WHY

 REMEMBERING THAT ORIGINAL MOTIVATING FACTOR THAT BROUGHT YOU INTO THIS ROLE, THIS WEEK WILL FOCUS ON RECONNECTING TO YOUR REASON, YOUR MOTIVATION AND YOUR PASSION.

The reason for entering into the realm of helper for those affected by trauma is different for everyone. For some people it comes from an appreciation of their own relative good fortune and the desire to share this with others less fortunate. Sometimes this journey appears as an opportunity for personal growth and heightened empathy as a result of their own challenges and experiences. Others find themselves thrown into the role through circumstances outside of their control, whilst many others witness an event or situation that stirs in them a passionate need for action.

For me, my journey into the space of supporting those with trauma narratives came about slowly. Growing up, my mother had been an education assistant in a school for children with intellectual disabilities and I would sometimes volunteer there upon leaving school. With this background I dipped my toe into various paid and voluntary support roles over the years, but could not quite find my place of passion. This all changed when I was in my early 20s.

Having just returned from travelling the state of Western Australia, I took a job as a carer for children with disabilities, attending week long camps with other carers to provide respite for the children's families. Although I knew that some of these children were in foster care, I remained blissfully unaware of the challenges faced by full time carers as I gratefully handed over the children at the end of the week.

That was until I became a full-time carer myself.

A young boy of 8 had attended camp with me but, soon before camp was due to finish, we were advised that this child had been 'red flagged' by the then Department of Child Protection. A 'red flag' indicated that a child's home had been deemed unsafe for the child to return to and therefore alternative arrangements would need to be found. With such short notice, there were very few options available and, given that I had worked with this child previously and had knowledge of his care needs, I volunteered to take him home for the weekend whilst they sourced a more permanent placement.

This initial weekend turned into almost 3 years and, as this beautiful boy grew beside me, I grew with him. I watched his confusion as decisions were made about his care by adults that he did not know, and soothed him as he returned from visitations with parents that didn't show up. I slowly began to recognise some of his more challenging and disruptive behaviours as reactions to past traumas and walked alongside his pain as best I could.

When this placement eventually ended, I knew I had found my reason...my *why*. He remains my driving force and my place of humility when this role I have chosen seems unbearable.

### JOURNAL REFLECTION

I would like you now to take time to reflect on your own journey into this space. How did you come to be providing care for those in need?

As you reflect on this, try to connect with that one moment that drove you forward, that person, event, situation that began those first embers burning in you. Allow yourself to connect with your *why*.

Ask yourself;  
What was my hope then?  
What spurred me on?

Whilst doing this, take time to really connect with yourself in this moment. Recall how it felt – bring that ember into a flame. Sit with this, breathe it. Can you notice that ember burning in you? Where does it sit in your body? What does it feel like?

Fuel your Fire. **THIS** is your reason!

It is worth noting that when you reflect on your initial hopes and driving beliefs, you may experience some sadness, or a sense of loss, either for the person you are thinking of, or for that passionate part of yourself that you may have thought had left you. Other challenging emotions like anger or regret may surface. This is completely natural and part of the journey. Let yourself feel this too. Sometimes it is ok to 'just be'.

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## PREPARATION FOR COACHING CALL

This week our coaching will revolve around more deeply identifying your motivations and passions in the area of trauma. We will look at how to bring this passion forward in times of doubt or struggle and use its strength to both ground and energise us.

Be sure to jot down anything that comes up for you whilst you are reflecting on your WHY and bring them into the coaching conversation. If you have struggled to connect with this part of you, that is ok too. We are taking a journey together, at your pace. Remember, the destination is not the goal here....

### *Notes for Coaching*

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**Well done! I look forward to speaking with you, and sharing our next stage together:**

### **Week 2 – Finding Balance**

Here we take a deep dive into some of the emotional and psychological effects of this work and consider areas of our lives that may need attention.