My Emotions and ME
HOW AWARE ARE YOU?

http://www.youtube.com/watch?v=xNSgmm9FX2s
My Emotions and Me
Alternative Scenario

A support worker, Sally has asked a co-worker Ling if she can help to get a client/resident, Mr Brown out of bed to have a shower.

Sally is feeling frustrated with Ling as she thinks Ling is too slow. Sally is busily preparing Mr Brown to be showered. She has the shower on and Mr Brown’s clothes laid out on the chair. Ling has a towel ready and Mr Brown’s personal items.

They are getting prepared to transfer Mr Brown on to a shower chair, when another worker comes in to ask Sally for help to handle an urgent situation with another resident/client.

Sally asks Ling if she can get Mr Brown into the chair by herself.

The care plan states that it is a two-person assist but Ling is hesitant to say anything. Sally responds with the following:

‘Can’t you see I’ve been called away, I haven’t got time to help you. Surely you’re capable to do it on your own. Come on your strong enough to do it on your own just take your time and be careful. I’ll be back soon!’

Ling looks anxious but doesn’t say anything.
CORE ABILITIES

• SELF-AWARENESS

• SOCIAL AWARENESS

• SELF MANAGEMENT

• RELATIONSHIP MANAGEMENT
MY EMOTIONS AND ME
**Road Blocks**

David rolls his eyes while Chen is talking.
CHEN HAS A VERY STRONG ACCENT AND IS DIFFICULT TO UNDERSTAND.
A FAMILY ARE DOWN THE CORRIDOR VISITING THE FACILITY AS THEY ARE CONSIDERING PLACING THEIR MOTHER IN CARE.
ROAD BLOCKS

CHEN STORMS OFF DOWN THE CORRIDOR AND SAY’S IN A SARCASTIC TONE, ‘IF YOU CAN’T DO THE JOB THEN MAYBE YOU NEED TO MOVE ON!’
MY EMOTIONS AND ME