

Bravely Mindful Working Course

Intervision Guide

Intervision session module 2: Coping with Stressors at Work

Goal: Reflect together on the assignments in module 2




Duration: About 1-1.5 hours

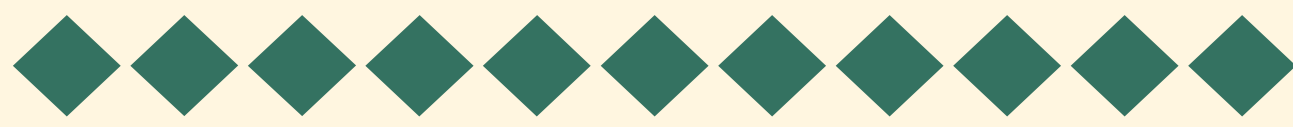
What you need:

- Your notes from the first and second module
- Your completed Life Compass
- Your list of energy givers and energy takers
- A completed choice point situation (Module 2, video 2)
- The Overview of Coping Strategies (Module 2, video 4 - can be downloaded from Teachable)
- Your full attention
- An intervision leader (somebody willing to keep track of the time for today's session)
- Pen and a notebook you will be using during the entire Mindful Working Course
- This intervision guide
- Agreement to respect and confidentiality: whatever is discussed during the intervision with your intervision group remains confidential

Welcome to the Mindful Working Intervision session for module 2!



 www.meetbravely.co
 [meetbravely.co](https://www.instagram.com/meetbravely.co)
 [meetbravely](https://www.linkedin.com/company/meetbravely)



Bravely Mindful Working Course

Intervision Guide

Intervision session module 2: Coping with Stressors at Work

Let's get started! These are some important points for all intervision sessions these next weeks:

- Please make sure you're all on time
- Reserve this time to focus, don't plan meetings, calls etc during this time
- Make sure you're in a quiet, calm spot
- Mute/turn off distractions such as slack, email, your phone etc.
- One of you will be the Intervision leader (decide on who that is) today - all you need to focus on is keeping an eye on the time and an occasional task as described in the guide. It can be useful to try and stick roughly to the times per step, but don't get too hung up on it. It can be nice to rotate the role of Intervision leader - we leave it up to you guys to determine what works for you
- Stay respectful and curious in your attitude
- Confidentiality: whatever is discussed during the intervision with your intervision group remains confidential. This allows you to speak freely. If there is ever anything you need to share or discuss that you cannot resolve or discuss within your own intervision group, please feel free to get in touch with us: hello@meetbravely.co
- As Psychologists, we uphold our Ethical Code and you can come to us in confidence. We will together seek a solution from that point on.



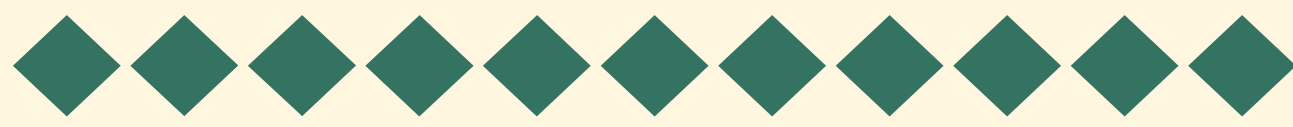
www.meetbravely.co



[meetbravely.co](https://www.instagram.com/meetbravely.co)



[meetbravely](https://www.linkedin.com/company/meetbravely)



Bravely Mindful Working Course

Intervision Guide

Intervision session module 2: Coping with Stressors at Work

Now let's get going, step by step:

Step 1 (10 mins)

What's your inner weather?

All participants take a few minutes to check in and tell the others about their 'inner weather' today. How are you feeling today; right now? Is anything holding you back from fully being here? Is there anything you'd like to share before we get started?

Step 2 (20 mins)

Coping Strategies

Discuss these questions:

- Which Coping Strategies from the overview (module 2, video 4 - can be downloaded) have you tried this week and how they work for you?
- Which Coping Strategy appeals to you the most and why?
- How can you apply more Coping Strategies to your day to day work and what would be the benefit?
- What would be the cost of doing that?
- Is there a way you could use these strategies as a team/company? Could they be integrated into processes, meetings, decision making processes?



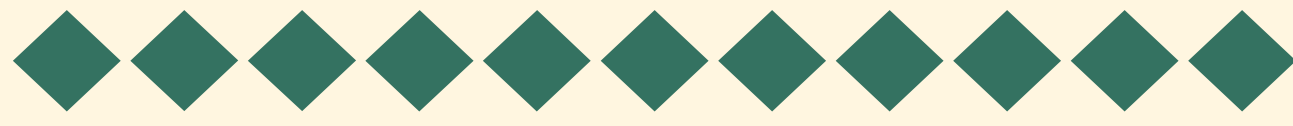
www.meetbravely.co



[meetbravely.co](https://www.instagram.com/meetbravely.co)



[meetbravely](https://www.linkedin.com/company/meetbravely)



Bravely Mindful Working Course

Intervision Guide

Intervision session module 2: Coping with Stressors at Work

Step 3 (30 mins)

Choice Point

All participants take a few minutes to tell the others about a completed Choice Point.

Ideally a situation you were (or still are) struggling with that is important to you. Keep your Life Compass close and share with others if that is useful to illustrate how you completed your Choice Point.

The other group members can ask questions to improve understanding and help the sharer with defining concrete actions and useful coping strategies to get unhooked and become more active towards their value.

Well done for completing your second week of the Mindful Working Course! We hope you have gained knowledge and insights and formulated concrete actions to get you going. If you have any questions, let us know at hello@meetbravely.co.



www.meetbravely.co



[meetbravely.co](https://www.instagram.com/meetbravely.co)



[meetbravely](https://www.linkedin.com/company/meetbravely)