

## Tutorial ideas for thinking about: Surviving and thriving in life and at work

- What motivate the trainee to work?
- What are the challenges the trainee faces in work?
- What coping strategies does the trainee know and use? Are these positive or maladaptive?
- Talk through the neurophysiology of stress. Watch the Youtube module on stress @ [www.khanacademy.org](http://www.khanacademy.org) to learn more.
- Talk through one of the burn-out questionnaires.
- Looks at 'Korthagen's Onion' skin model. (As illustrated and discussed in Williams, J., & Power, K. (2009). *Using core reflection in teacher education*) Can the trainee define the layers in their onion skin?
- Does the trainee make decisions based on their goals or values? What might their mind-map of values look like?
- What does the trainee understand by the term 'a moral compass'?
- Look at the template for a moral compass.
- Does the trainee have 'me' time?
- Discuss Maslow's hierarchy of needs -there is a great print out for teaching on [www.timvandeervall.com](http://www.timvandeervall.com)
- Who is holding your trainee's safety net? Who would support them in times of need?
- What does the trainee do to relax?
- How do they take care of their health?
- Talk about how the trainee might improve their emotional intelligence.
- Is the trainee's glass half full or half empty? What do they understand about learned optimism?
- Encourage the trainee to identify things each day that they have done well and write them down, this builds optimism and resilience.
- Use the resources in the sections 'work' & 'resilience'.