

**Be You In Focus**  
*Considering and  
acknowledging  
our strengths*



With delivery partners



Funded by



# Be You In Focus webinar handout

Thank you for your participation in the Be You In Focus event: **“Considering and acknowledging our strengths”** on 11 November 2020.

Included below are reflective questions referred to during the webinar along with links to additional information, resources and references.

## In practice reflective questions

These reflective questions can be used to form the basis of a conversation with your Be You Action Team or Learning Community Leadership.

- ④ Why is it important to reflect on the strengths in your whole learning community?
- ④ How does your team approach identifying their strengths?
- ④ Consider and discuss the strengths you can see in your service or school.
- ④ How does identifying the strengths in your learning community create a sense of belonging?
- ④ What do strengths in your learning community look, feel and sound like?
- ④ Are the strengths in your learning community visible to everyone?
- ④ How do you provide opportunities for educators to identify and celebrate their strengths?
- ④ What opportunities are there in your service for growing and celebrating strengths with families?
- ④ How do the strengths in your practice serve as protective factors for the mental health of the entire learning community?

## Links to additional information, resources and references from the webinar

Be You Wellbeing Tools

<https://beyou.edu.au/resources/tools-and-guides>

Wellbeing Fact sheets:

<https://beyou.edu.au/fact-sheets/wellbeing>

Always Be You

<https://beyou.edu.au/resources/always-be-you>

Be You Professional Learning

<https://beyou.edu.au/learn>

Mental Health Continuum:

<https://beyou.edu.au/resources/mental-health-continuum>

Fact Sheets: Educator Wellbeing

<https://beyou.edu.au/fact-sheets/wellbeing>

Family Partnerships domain, Partner module

<https://beyou.edu.au/learn/family-partnerships/partner>

Mentally Healthy Communities domain

<https://beyou.edu.au/learn/mentally-healthy-communities>

Mentally Healthy Communities domain, Connect module

<https://beyou.edu.au/learn/mentally-healthy-communities/connect>

Learning Resilience domain, Empower module

<https://beyou.edu.au/learn/learning-resilience/empower>

Learning Resilience domain, Embed module

<https://beyou.edu.au/learn/learning-resilience/embed>

Be You Fact sheet: communication skills for educators

<https://beyou.edu.au/fact-sheets/relationships/communication-skills-for-educators>

Stop Reflect Act framework

<https://beyou.edu.au/learn/family-partnerships/assist>

Risk and Protective Factors

<https://beyou.edu.au/learn/mentally-healthy-communities/understand/early-learning/risk-factors-and-protective-factors/>

Connecting and reflecting through conversations with peers

<https://beyou.edu.au/resources/news/connecting-and-reflecting>

Implementation and Reflection Toolkit

<https://beyou.edu.au/planning-and-implementation-tools/implementation-and-reflection-toolkit>

Bushfire Resources

<https://beyou.edu.au/bushfires-response>

Coronavirus (COVID-19) and mental health:

COVID-19 Supporting early learning services

<https://beyou.edu.au/resources/news/covid-19-supporting-early-learning-communities>

COVID-19 Supporting schools

<https://beyou.edu.au/resources/news/covid-19-supporting-schools>