



Yolande Dewey. Pastoral Care

About me.

My name is Yolande, in my other life I mentor creatives in small business and work as a freelance producer and consultant in advertising, film and media. I participated in the Play Leadership program in early 2017 and after letting Sandy know I was quitting after the first session, I persevered (she is very persistent and persuasive!) I found it to be a transformative experience that has changed a lot for me in my professional and personal life, and the process has taught me how to PLAY BIGGER.

It was fun, challenging, and a real game changer. The program continues to impact how I engage in the world and I hope it will be the same for you.

Self care.

Doing this kind of work takes courage, and to get the most out of it means stretching way beyond your comfort zone. People will also share personal information about themselves, their stories that may impact you in ways you might not expect. PLAY is fun, exciting and sometimes confronting work. And the real rewards come from what you put in.

It's possible that the program sessions may bring up emotions you were not expecting, both positive and negative. Your wellbeing is important. We recommend that you sit with feelings of discomfort and first of all sleep on it. Know that strong reactions are normal, and may ripple into other areas of your life. Sometimes you might experience a love/hate response to a session and this is not a bad thing. We care that you feel safe and supported. Please remember to make your best efforts be kind to yourself and those around you as you go.

The Play Facilitators will encourage you to reach out to them at any stage of the process and it may also be helpful to chat to other members of the group between sessions. You're on this journey together, do not underestimate the benefit of building these relationships as you go and the value of the friendships you will forge. Be ready to trust and be trusted.

Support.

I am a fellow cohort who has been on the same journey you're about to embark on. My role is to be a set of caring and non-judgemental ears outside the program- if and when it's helpful. Consider me to be an independent port of call if things come up for you, and you want to talk it through. You can make a time to talk with me to help clarify where you're at. I may be able to put your mind at rest and I can also connect you to professional support if it's useful.

I have experience as a Lifeline phone counsellor and a lot of hours on the clock speaking to people from all walks of life, ages and backgrounds about big, small and personal stuff, and this experience has taught me never to underestimate the power of a conversation. I was trained to listen without judgement and with respect to help people clarify their thoughts, and to connect them to professional resources if needed. It's an honour to be trusted in this capacity and the information you share will be kept absolutely confidential.

Duty of care.

I will not share anything you disclose without your permission unless real concerns arise about immediate safety and wellbeing (yours or others). I have a certified counselling supervisor I check in with, and links to immediate services if required. Please also know that I am not a qualified therapist or a complaints hotline... but I'm here and always happy to talk things over (big or small). Keep my number handy just in case ☺.

Please text or email at any time during the Play program and we can set up a time to chat.

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