

Care for self to care for community

Transcript

0:01

WWDA LEAD's 5 Leadership Principles Care for self to Care for community the relationships we have with ourselves and others are the most important resources we have.

0:14

Being a leader can be hard sometimes.

0:19

We can feel alone, overwhelmed, and unsure how to acknowledge when we make mistakes.

0:28

Self and Collective Care Strategies provides us with tools and networks.

0:35

They inform and support our leadership.

0:38

When times get tough, we take time to celebrate our success.

0:44

As our leadership grows and thrives, Self and Collective Care asks questions.

0:52

What brings us joy?

0:55

What work energises us?

0:59

What may we need to feel safe self and collective care?

1:04

Recognise that sometimes power dynamics may make us feel unsafe.

1:10

Some people may not want us to lead.

1:14

Our leadership may feel like we threaten their power.

1:20

They may try to dismiss, divide, or even insult us.

1:26

Collective care may help with the bullying, intimidation and violence of the power over power dynamic of the patriarchy, racism, ableism and more.

1:41

As we work and build on our power with power dynamic, with our connections of safety and shared experience, we create the resources, networks, and the systems that can help us keep going.

1:57

This is lifting each other up.

2:00

This is sharing our leadership together.

2:04

Collective care can also give us permission to rest and step back when it gets hard.

2:12

We trust that one of our community will step up for us.

2:18

The relationships we have with ourselves and others are the most important resources we have together.

2:26

Our leadership is stronger women with disabilities Australia.