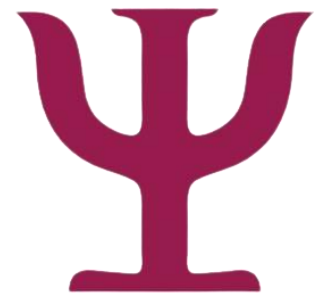


Dr Vikki Jervis

British City Council



QUOTES FROM THOSE WITH SHARED EXPERIENCES

- *“It was something that I was excited by you know becoming a PEP”*

Restore, Repair, Reassure, Relationships

Dr Vikki Jervis 2023





Becoming a PEP

*“My diary changed dramatically
I had an increased sense of accountability
PEP is alone with no one else to ask
My line manager did not know my job
My initial thought was jeepers what is this job”*

***“You know very experienced staff can feel
highly vulnerable too”***



COMMON PEP RUMINATIONS

- *“How do I know if I am doing a good job?”*
- *“How do I know what is expected of me?”*



WORDS OF SUPPORT AND ENCOURAGEMENT

- *“I am a great believer that wisdom will reveal itself. We try to rush to solutions too quickly, sit with the discomfort.”*
- *“You don’t suddenly pop up and you are a senior, it should be a progression based on previous experiences in a supervised way.”*
- *“Consider and work on your own leadership development”.*

THEORETICAL MODELS ARE PRACTICAL

- *“If you know that this is the model and you are doing what it suggests and if it is not working. It is not because you are rubbish...actually it is because it is a difficult situation and it will help if you take the meta perspective...”*
- *“Be clear about your psychology”*
- *“Be clear about your values and behave accordingly.”*



TOP TIPS – 5 WAYS TO WELL BEING



Reach out to
other EPs
and build
your
supportive
network

Connect



Peer
supervision
is
important

Take notice of how you
are doing



Try to attend
your regional
events and
protect time
for them in
your diary

Give



Build your
psychological
leadership
skills

Keep Learning

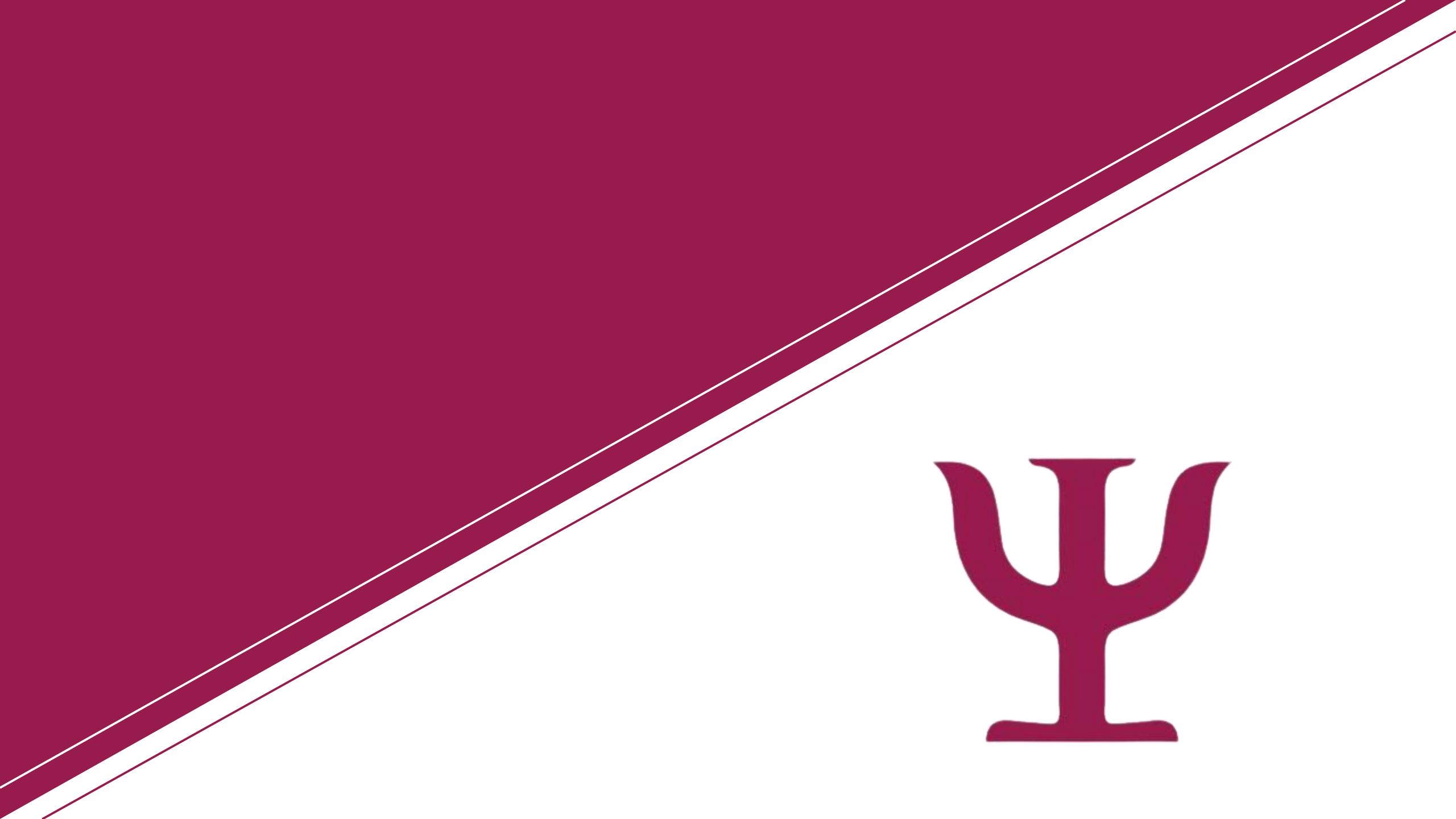


Go and visit
other PEPs

Be active

TAKE 5 IS FOR US TOO



The image features a large, stylized Greek letter Psi (Ψ) in a maroon color. The background is split diagonally from the bottom-left to the top-right. The upper-left portion is a solid maroon color, while the lower-right portion is white. Two thin, parallel maroon lines run diagonally across the white section, just above and below the Psi symbol.

Ψ