

WHAT DOES THE FUTURE HOLD FOR INDEPENDENT ADVOCACY?

Live visuals by:
www.listenthinkdraw.co.uk

Children at the centre...
what about when they
become adults?
DON'T FANTASISE
focus on good doing now

Jobs?
UNPREDICTABLE
Structure?
Brain on high alert

Our brains are
programmed to
look for threats

What are we
concerned
about?



We have felt out
of control

Brains are NOT
meant to operate
like this everyday

Often in
crisis - choice
is removed
We can have
impact here
Adjust your
mind-set

Calls
to update

✓ Spread knowledge
✓ Connections
✓ Help people
share JOY!

People have serious
needs & we want to
help but...

Pressure
Demand
Time

Share -
allocate time &
worker for this

Threat Reward

Makes us feel
scared / worst
case scenario

Threat = loudest
stops us
looking for
reward

Don't miss
the good

connect celebrate & remember

What can you:

★ **Control**

★ **Influence**

★ **Accept**

Use your energy
& attention wisely

Spend time on the
things you can
control & influence

Clarity Boundaries Routine
all help our brain!

