Personal wellbeing of activists

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What is wellbeing?
Activists under stress

What’s the danger?
When we feel bad, we are:

- more aggressive
- less open-minded
- more critical
- less flexible
- less supportive
- less patient
- less creative
When we feel good, we are:

- more productive
- more motivated
- more courageous
- more creative
- more progressive
- more understanding
- more flexible
Sharing

Maybe I should cut down on the caffeine.
Things you do not care about

Things you do not choose

Your choices
How we ALL see the world
Tools

- Body
- Emotions
- Thinking
- Competence
- Relationships
- Meaning
Impact on the Movement and the Organisation
The Big Picture
The system
The Big Picture

Planning

Agreement

Reviewing

Giving and receiving feedback

Performance

Development and training

Acting

Controlling

Performance Management Cycle
Tools

- Body
- Emotions
- Thinking
- Competence
- Relationships
- Meaning
Homework:
Thank you!