

# Personal Development Resources

## Beyond the label

Activity





## Beyond the label

This activity helps you to bring together the thoughts and ideas you have had in the previous three videos. It asks you to look beyond the labels that we often, easily and unconsciously, assign to people and base our assumptions on. Instead, it encourages you to think about how you can really get to know individuals and offer care and support around their unique personalities and preferences. 'Co-production' is referred to in the video and in the guidance questions below. This means that workers and those accessing care services, their families and carers, are all equal partners in decision-making and planning care and support.

**Now watch the video 'Film 4 Beyond the label'**

<https://www.skillsforcare.org.uk/Learning-development/ongoing-learning-and-development/equality-and-diversity/Confident-with-difference.aspx>



## Activity

Now self-reflect on your knowledge and understanding of the subject in each box below.

How do the people you provide support for know you're an inclusive organisation?

How do you or could you work with people to co-produce their care and support?

How do you get to know someone's background/life, what's important to them, and what's unique about them?

How could you and your team avoid making assumptions based on someone's 'label'?

Could you incorporate 'Ask, Listen, Do – what matters most' into your everyday practice?



## Remember

The questions are there to help you think and not restrict your thinking and don't have to be strictly adhered to.

Once you have completed the activity ensure that you discuss your thinking and how this will result in changes in your behaviour with your t2 Personal Development Manager during your next monthly Teaching and Learning Review.