



# JFA Purple Orange

## Welcome

Welcome to the third Bulletin for the Values in Action Community of Practice! This is the third bulletin to support your work as FPLs so you know what is going on, plus to provide a platform for communication.

The bulletins will be uploaded to our dedicated on-line platform for this work, once it's up and running.

Thank you all for attending the workshops on the 10<sup>th</sup> of August and we hope you are looking forward to the next in a series of seven workshops to enable you to be agents of change.

The Recent FPL workshop was held at CatholicCare's Red Hill office. Thank you Toni for arranging and helping with the set up on the day 😊 much appreciated.

It was a robust meeting with lots of sharing of exciting and innovative updates provided by all the agencies. We have captured all the project updates which will be available on the web site.

**Affirmation** The FPLs Community of Practice can help protect you against a loss of gumption (refer, Zen And The Art Of Motorcycle Maintenance). It assists us to affirm and re-affirm what we all bring to work and why we do what we do!

## Schedule of future events

Below are the dates for future community-of-practice workshops. We did send out a query to check in with everyone regarding best day to hold the workshops. The majority vote was to retain Wednesdays, thank you everyone who replied, apologies to those who find Wednesday difficult.

## Dates:

- ~~Wednesday 10<sup>th</sup> August~~ **completed**
- Workshop 2 - 7th September
- Workshop 3 - 12th October
- Workshop 4 - 9th November
- Workshop 5 - 7th December
- Workshop 6 - 18th January
- Workshop 7 - 8th February
- Workshop 8 - 8th March

This is a provisional list, we will update it in each bulletin and check in with everyone at the next workshop.

## Next community-of-practice meeting

Big thanks to Red Cross who have kindly offered us a room for our community-of-practice workshop on **Wednesday 7<sup>th</sup> September, 9am - 1pm.**

3 Dann Close, Garran – Red Cross building, we will send out a flyer closer to the day 😊

## A resource to support your own reflections and your work influencing others

At the workshop Robbi talked about this book - Zen and the art of Motorcycle Maintenance by Robert M. Pirsig. Among other thought-provoking things, the book talks about 'gumption', your energy, enthusiasm and determination for a particular endeavour. When we are trying to make progress but are thwarted, frustrated, this can cause a loss of gumption. If we lose our gumption, we also lose our chances of making progress towards our goals. We can find ways to protect ourselves against a loss of gumption. One way to do this is to be mindful of gumption traps. There are two main types of gumption traps: those that happen outside us and those that happen inside us. The ones that happen outside are called 'setbacks'. Setbacks can be a wide range of things; a cold, a job rejection, a broken phone, a missed flight connection, and so on. We're trying our hardest but something comes along to thwart us. For the work you are doing as FPLs, one way to deal with setbacks is to make sure you do as much planning of your work as possible, to reduce the chances of the unexpected. Alongside this, it also helps to develop an acceptance that the world will throw stuff at us that will be frustrating, and this is part of life. Put another way, crappy stuff happens and we can rise to deal with it.

The other type of gumption trap is the stuff that happens inside us. These types of traps are called 'hang-ups' where the way we approach the work can increase the chances of frustration. Hang-ups can include an anxiety that I am not good enough to do this work, that no one will listen to what I have to say, that this FPL gig won't change people.

However, it is not unusual to find in the stories of many successful leaders that there are many moments of self-doubt. In those same stories though, we also hear about belief in the cause, about the importance of quietening that doubting voice, of pressing on because things are important. It's ok to have doubts about your capacity, but you don't have to let them undermine your determination.

Click these links for more information about Robert Pirsig and this fascinating book

[https://en.wikipedia.org/wiki/Zen\\_and\\_the\\_Art\\_of\\_Motorcycle\\_Maintenance](https://en.wikipedia.org/wiki/Zen_and_the_Art_of_Motorcycle_Maintenance)

## [Robert M. Pirsig BBC Interview - YouTube](#)

<https://www.youtube.com/watch?v=m8zdT5jYIro> 21 May 2012 - 8 min - Uploaded by DJ Solid Snail

Interview from BBC radio with **Robert Pirsig**, author of 'Zen and the Art of Motorcycle ...

### **General project update**

Robbi is meeting with the agencies to "fine tune" the projects which will be run in each organisation. This will help guide the content of the workshops and assist with the methodology of progressing the projects.

The discussions and information from each workshop has been captured and will be uploaded onto the web-site as will relevant references and resources. If you have a favourite resource that you wish to share I would be most grateful if you could email to me and we can share via the website.

### **Sharing your details**

All your addresses are in the BCC section of the email address, because we weren't sure if we have your permission to share your email contact details with each other.

Choosing to share your contact details is your choice because it relates to your privacy. The upside is it can help direct contact between you about your work as FPLs.

If you are happy for us to share your email address with the group, please let us know by emailing your permission to Pauline. Alternatively, we can check in with you at the next workshop – thank you to those that have responded.

Please feel free to contact us any-time with thoughts, ideas, questions or queries!

Kind Regards,

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