

## Organisational and practitioner wellbeing



This selection of resources explores what enables better-than-expected outcomes in the face of adversity and how practitioners, communities and organisations can build conditions to support resilience and wellbeing, allowing practitioners and organisations to flourish. This list includes a range of resources, some of which are aimed at those working in children and families' and some adults' social care. Therefore, depending on your membership, you may not be able to access all of the resources.



### Read

[Supporting wellbeing remotely: Leaders' Briefing \(2021\)](#)  
[Building emotional resilience in the children and families workforce – an evidence-informed approach: Strategic Briefing \(2016\)](#)  
[Reflective supervision: Learning Hub \(2025\)](#)



### Tools

[Supporting practitioner wellbeing: Practice Guide \(2022\)](#)  
[Reflecting on your journey as an experienced social worker: Using your learning to support others: Practice Tool \(2024\)](#)  
The Social Work Organisational Resilience Diagnostic (SWORD) [tool and workbook \(2021\)](#) to improve organisational resilience, including [Secure base](#), [Sense of appreciation](#), [Learning organisation](#), [Mission and vision](#) and [Wellbeing](#)



### Listen

30 minutes: [Organisational resilience: Podcast \(2024\)](#)  
1 minute chapters: [Developing resilience in North Yorkshire: how the Social Work Organisational Resilience Diagnostic \(SWORD\) has been used to support practice \(2021\)](#)



### Watch

1 hour and 25 minutes: [Recovery, work-life balance, wellbeing: how to switch off \(2021\)](#)  
20 minute chapters: [The Social Work Organisational Resilience Diagnostic \(SWORD\) \(2021\)](#)  
30 minutes: [Supporting neurodivergent practitioners in your social care organisation: Video learning resources \(2024\)](#)  
45 minutes: [Building and sustaining a resilient system: Video learning resources \(2024\)](#)  
15 minutes: [Retaining experienced social workers: Video learning resources \(2024\)](#)



### Reflect

Reflect on and record your CPD using the button on each resource page. You can also bookmark and share resources with colleagues. Log and review your reflections in '[Your CPD](#)'.

For more resources, explore the [resilience topic page](#) and the [Social Work Organisational Resilience Diagnostic](#).