

The SHAPE CONNECTION



Support for Those Who Support Others

Monday June 1st 10am-1pm
7 Ward Road Dundee, DD1 1LP

Feeling overwhelmed, stretched, or emotionally drained?

You're not alone.

Working in the third sector means:

- Constant emotional demand
- Supporting vulnerable people every day
- Little time to reflect or recharge
- Feeling like you have to *keep going*, no matter what

What if you had space to pause, be heard, and feel grounded again?

What We Offer

One-to-One Reflective Support

A confidential space to:

- Talk openly without judgement
- Be listened to with empathy and compassion
- Reconnect with yourself

Workshops for Real-Life Practice

Learn simple, powerful skills to:

- Listen without pressure to "fix"
- Feel more confident in difficult conversations
- Support others *without losing yourself*

Supportive Supervision (Explorative, Not Hierarchical)

For team leads and staff:

- Space to say "I'm tired" safely
- Reflect without expectation or performance
- Feel supported, not evaluated

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Our Approach – The Shape Principles

Everything we do is grounded in:

- **Empathy** – understanding self and others
- **Compassion** – responding with care, not pressure
- **Acceptance** – allowing things to be as they are
- **Non-Judgement** – reducing self-criticism and stress
- **Open & Honest** – creating safe, real conversations
- **Genuine & Real** – no scripts, no roles, just human connection
- **Noticefulness** – awareness of how you feel, moment to moment

A Simple Shift That Changes Everything

Most of us are trained to **listen to respond**

We help you learn to **listen to understand**

This reduces pressure

Builds real connection

Supports both you *and* the person you're helping

Why It Matters

When you feel:

- Heard
- Valued
- Grounded

You can:

- Support others more effectively
- Protect your own wellbeing
- Stay connected to why you do this work

**This Isn't About Doing More
It's about feeling better while doing what you already do.**

Let's Support the Supporters

Based in Dundee

Working with third sector organisations

Workshops available (including Volunteer Week events)

Get in touch / Learn more:

www.theshapeconnection.org

email: contact@theshapeconnection.org