

# CATALYST FOR CHANGE

- \* Motivated to make a difference.
- \* Team player seeks to collaborate & empower.
- \* An active listener who hears what others are saying.
- \* Has high emotional intelligence.
- \* Is flexible & learns when things don't go to plan.
- \* A bright spark who lights a ray of hope that things can change.
- \* Who can lead & inspire others to lead.
- \* Is respectful, inclusive, celebrates diversity.
- \* Co-produces with the voices of lived experience.
- \* Who shares openly & is receptive to learning.
- \* Recognises self-care is not self-indulgent.
- \* Offers help and can accept help.



To me,

This is to remind me, I can make a difference in building a kinder world for myself, others and the planet if I choose to. This is good for all our wellbeing. I have the right to make my own plans and have my own dreams.

On . . . . . I made a promise to myself to:

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Even if I forget, this card is a gentle reminder of the promise I made to myself. To remind me of the opportunity to take steps, no matter how small, each day to help me achieve my goals.

Lots of love,

Me xxx

With thanks to an inspiring group of nurses in the  
co- production of this postcard



“Never doubt that a small group of thoughtful committed individuals can change the world. In fact, it's the only thing that ever has.”

- Margaret Mead

[www.cope-scotland.org](http://www.cope-scotland.org)

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