



My Whole Self

My Whole Self book club

Bringing our whole self to work is better for mental wellbeing and better for business. By putting diversity and inclusion at the centre of workplace mental health and wellbeing, we can create a workplace culture where people can bring their whole self to work.

Everybody has a story to tell and for My Whole Self Day we are encouraging workplaces to empower their employees to share one story about their whole self in a speed-dating style event. This activity is called My Whole Self Book Club.



Suitable for: Groups



Time: 1 hour



Materials: Reading list (page 2), book club rules (page 3)

Activity

Invite people to choose one aspect of their whole self to share with their colleagues at the My Whole Self Book Club. These are your **storytellers**.

Ask your storytellers to fill in the **reading list** with their name and topic they would like to talk about at the My Whole Self Book Club. This could be anything from 'I am a singer' to 'I have OCD' to 'I am a Christian'. Decide what video platform you will use to host the event on and add links to each video call into the reading list. We recommend using the reading list as a timed schedule for listeners to sign up to. Make sure that conversations last for no longer than 10 minutes, and allow at least a 5 minute break between each meeting for storytellers.

Circulate this and our **book club rules** with attendees (your **listeners**) by email a few days ahead of the event. This is to give people time to sign up for a 'story', and to ensure that everyone taking part knows how to keep themselves, and others, safe at the virtual event. **We recommend ensuring that a Mental Health First Aider, or a member of your HR team, is online and available during the event.**

While there is no set structure for this conversation, we have a few tips to help you get started. We recommend that the storyteller begins with a short summary of their chosen topic. Once they have finished, listeners can begin to ask questions.



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Book club rules

The My Whole Self campaign encourages conversations around all aspects of someone's 'Whole Self' – this may include conversations around challenging topics. It is very important that guidelines are put in place to ensure everyone is safe and comfortable. Please share these guidelines with to the whole group of readers and storytellers ahead of time.

1. Before starting the virtual event, remind storytellers and listeners that, unless stated, all conversations at the My Whole Self Book Club are confidential. Details of any the stories should not be discussed outside of the virtual event without the storyteller's consent
2. Ensure that there are only two listeners in a call with a storyteller at any one time
3. If you have a member of your HR team or a Mental Health First Aider available, make sure their contact details are known to attendees. If you do not have a dedicated HR person or Mental Health First Aider in your organisation, appoint someone to provide support if needed during the virtual event
4. Use our set phrases below if you are feeling uncomfortable when listening to, or sharing a story

Storytellers and listeners can stop at any time if they feel overwhelmed by the content of the story. They can respectfully say that 'story time is over for now' and the session will come to a close.

If a storyteller is uncomfortable answering a question, they can decline to answer it. A way that they can express this is by saying 'that part of the story is just for me, but what I can tell you about is...'



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Reading list

Everybody has a story to tell and Mental Health First Aid (MHFA) England is encouraging workplaces to empower their employees to share one story about their whole self in an online event. This activity is called My Whole Self Book Club.

Date:

Time:

Storyteller	Topic	Time	Video call link	Listeners (max. two)
<i>e.g. Simon</i>	<i>I am a singer</i>	10.10 - 10.20	<i>[Teams invite]</i>	1. 2.
				1. 2.