

## Re-Membering Competency in Community Work

The purpose of this conversation is to tell a story of 'competency' which we can remind us of our usefulness when we get caught up with being overwhelmed, or thinking we aren't measuring up...

In pairs, ask questions to bring forward a 'specific' story of competency (being of use, being good-enough) in a difficult situation- when you were afraid, and didn't know if you knew what to do, on the edge on your knowing and experience....

- Share the 'story of competency' briefly and specifically, putting your experience of competence at the centre of the telling.
- What makes this experience stand out?
- What difference did your competency make to this person/family/community?
- What difference did this competency make to your experience of yourself as a person? As a worker?
- How are you different than you were for having had this experience of competency?
- How will you re-member this competency when you make mistakes, or are taken with 'not knowing'...?
- What difference will your competency make in your engagement with the ideas/practices of today's workshop/supervision?

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(This work was informed by Johnella Bird's supervision practices)