

Enhancing Practice 2022 Conference

*20:20 Vision – Transforming Our Future
Through Person-Centred Practices*

WEDNESDAY 6 – FRIDAY 8 APRIL 2022
SAGE HOTEL WOLLONGONG, NSW AUSTRALIA

#enhancingpractice2022



2022 Enhancing Practice Conference – Participant’s Collective Poem

Led by Susan Dyer, Kasey Medlow, and Denise Edgar

This is what I know

This is what I know about the future

I will find compassion in my tired body and voice.

Looking forward to recovery,

He aha te mea nui o te ao?

What is the most important thing in the world?

He tangata, he tangata, he tangata

It is the people, it is the people, it is the people.

This is what I know about myself

My values, vulnerabilities, capabilities, and courage.

I am more capable than I think,

with resilience and kindness comes growth,

I am only powerless if I choose to be so.

This is what I know about strength

I know I have the strength to deal with any challenge.

Through sharing, honesty, and vulnerability, we
can achieve so much more.

Together we are better, stronger than we think.

This is what I know about caring

I care about the people I look after,
Person-centredness is the glue that holds us all together.
Human to human connection; listen, you will hear more
and move beyond empathy to compassion.

This is what I know about community

We are the heart and hope for health; precious gems.
Celebrate each and every day,
treating others with kindness for healing,
holding others up generously
and appreciating the little things.

This is what I know about possibility

Flexibility and finding new ways to connect.
A time of self-discovery and how we can collaborate in a crisis,
creativity is possible in chaos
and little by little we can generate change.

This is what I know about connection

Relationships are at the heart of connection.
Connections that pull us through the ocean's turbulence to new opportunities.
I am connected
This is what I know.