After Difficult Work

Restoring Professional Dignity, Agency and Informed Choice · Spirit Led Institute

The responsibility-sorting table

Containers: personal · relational · organisational · higher or external authority · professional support. *I can act with integrity without controlling the outcome. I can place information in the right hands without carrying responsibility for what those hands do with it.*

What needs attention?	Where does it belong?	What is my responsibility?	What belongs to others?

Reflective, non-accredited professional development and general education. Not counselling, clinical treatment, legal advice, crisis support, a workplace investigation, a formal risk assessment or WHS compliance advice. Emergency: 000 · Lifeline 13 11 14. This workbook is private —

you never need to share it or name anyone.

My Personal Professional Restoration Plan

Keep “What I choose next” small and concrete. It is fine for “What remains undecided” to be the longest section.

What I now understand	
What I am restoring	
What I am releasing	
What I require	
What remains undecided	
What I choose next	

“You do not have to decide everything today. The next decision remains yours.”

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