

LEADING FROM WITHIN

How to look after your charity,
your people – and yourself

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**WHO LOOKS
AFTER THE**

**PEOPLE
DOING THE
LOOKING AFTER?**

PURPOSE CAN MASK THE WARNING LIGHTS

Caring. Responsibility.
Constantly saying yes.



HOW'S THE CHARITY?

Is our mission strong?
Are we making an impact?
Is the organisation healthy?

BUT HOW ARE YOU?

Are you thriving?
Do you have what you need?
Are you sustainable?

RESILIENCE

#ENDURANCE

- Knowing when to stop.
- Knowing when to ask.
- Knowing what not to carry.



What are **you** carrying?

**Must
be me**

**Could be
someone
else**

**SHOULDN'T
BE
HAPPENING**

**Take your diary from the last four weeks.
Where would your time land?**

**CAN YOUR PEOPLE
SAY
THESE?**

I DON'T KNOW

I MADE A MISTAKE

I NEED HELP

I DISAGREE

VULNERABILITY

WEAKNESS

I don't know

I got that wrong

I need some help

PURPOSE NEEDS PEOPLE

Look after yours. And remember:
you're one of them