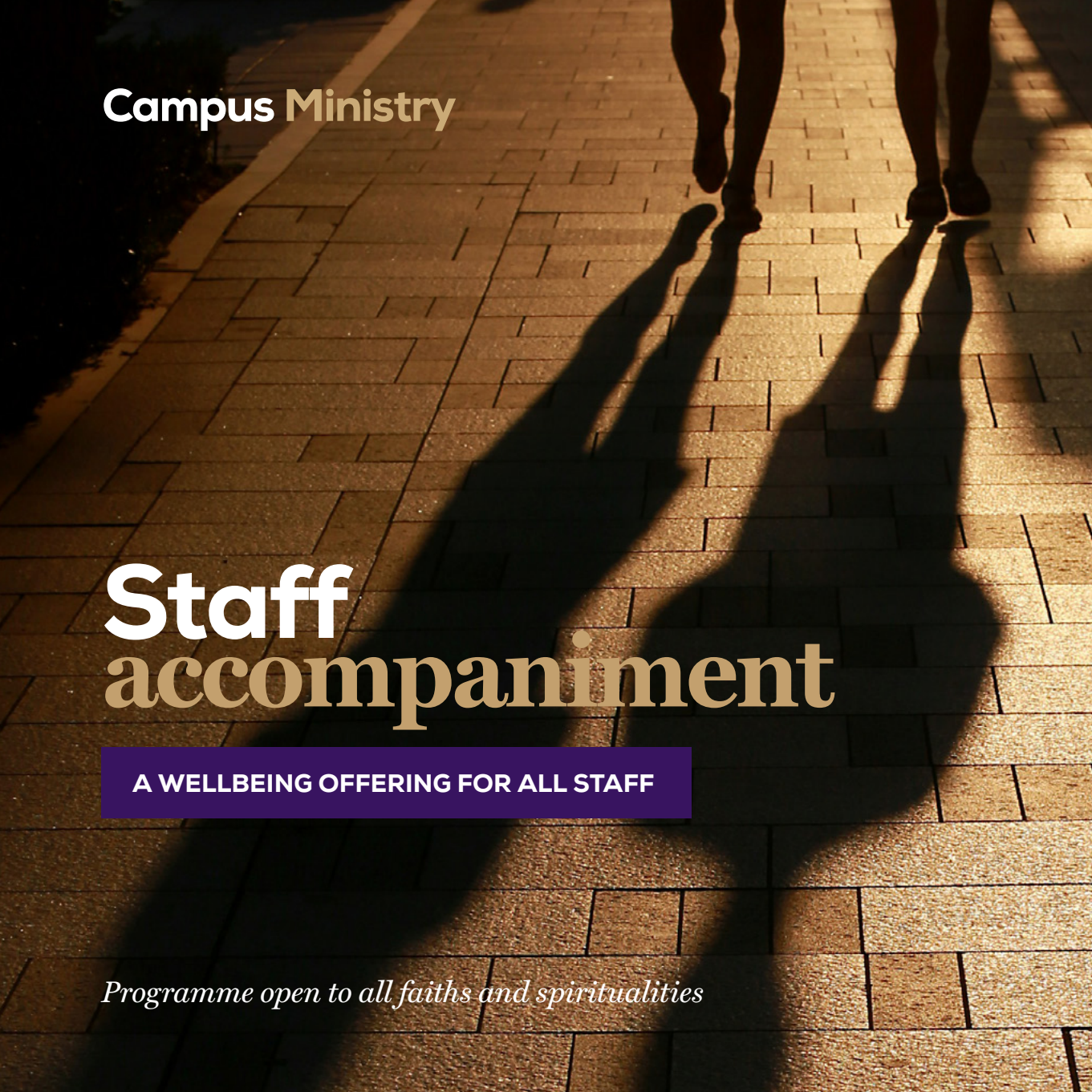




Campus Ministry

Staff accompaniment

A WELLBEING OFFERING FOR ALL STAFF

Programme open to all faiths and spiritualities

Staff accompaniment

A WELLBEING OFFERING FOR ALL STAFF

At ACU our staff are critical to who we are and how we live out our mission as a Catholic university. This means that the wellbeing of our staff is important to us. One way we reflect this importance is through our Staff Accompaniment Program.

Campus Ministry Pastoral Associates for Staff provide pastoral support to all ACU staff. Our staff accompaniment program is a new offering to enable wellbeing and mission efficacy.

WHAT IS ACCOMPANIMENT?

Accompaniment involves mutually transforming conversations that are collegial in practice and wellbeing intentioned.

Accompaniment is a ‘walking with’ experienced as a dialogue between a participant and an accompanier. It is a means for increasing wellbeing, reflecting on beliefs, and renewing and sustaining personal and professional passion. Accompaniment recognises context and culture, the agency of the participant and the expertise of the companion who accompanies the participant. All of this is done in a “safe space” for our staff.



Belong



Become



Believe



Be Supported

Programme open to all faiths and spiritualities

WHAT WILL IT INVOLVE?

Accompaniment involves relational conversations and guided discernment, which may lead to illumination and wisdom about the issues being discussed.

The accompaniment process has commitments and responsibilities for each person and finds expression in the unique relationship between participant and accompanier. Within the program it is expected that accompaniment conversations would unfold every 2, 3 or 4 weeks and conclude when the conversation naturally ends. The accompaniment process should usually conclude within 6 months.

The conversational process generally follows an orderly sequenced plan which entails mutual sharing and reflective listening.

WHAT ARE THE COMMITMENTS?

The shared commitments of the participant and companion include but are not limited to:

- distinguishing between formal and informal engagement.
- investing time in establishing the relationship.
- clarifying expectations and frequency of meeting
- being open to mutual growth and development.
- sharing goals and experiences honestly and openly.



The participant will:

- commit to a regular engagement
- determine the themes for accompaniment conversations. engagement.

The accompanier will:

- offer encouragement, validation and affirmation.
- walk with participants to encourage personal growth and development.
- assist with differentiating between matters pertinent to a manager and those of an accompanier.
- provide referrals to other support structures if needed.

WHAT CAN I HOPE FOR IF I PARTICIPATE IN THE PROGRAM?

- increased self-awareness
- improved health and wellbeing
- personal growth
- life transformation



TESTIMONIAL

“The accompaniment program was such a blessing. The Campus Pastoral Associate that I journeyed with was incredibly kind, gracious, and genuinely supportive. Their presence and encouragement made all the difference. The peaceful, faith-filled atmosphere added a deep sense of calm and hope throughout the process. I felt truly seen, heard, and uplifted.”

ACU Staff

For courage

When the light around you lessens
And your thoughts darken until
Your body feels fear turn
Cold as a stone inside,

When you find yourself bereft
Of any belief in yourself
And all you unknowingly
leaned on has fallen,

When one voice commands
Your whole heart,
And it is raven dark,
Steady yourself and see
That it is your own thinking
That darkens your world,

Search and you will find
A diamond-thought of light,

Know that you are not alone
And that this darkness has purpose;

Gradually it will school your eyes
To find the one gift your life requires
hidden within this night-corner.

Invoke the learning
Of every suffering
You have suffered.

Close your eyes.
gather all the kindling
About your heart
To create one spark.
That is all you need
To nourish the flame
That will cleanse the dark
Of its weight of festered fear.

A new confidence will come alive
To urge you toward higher ground
Where your imagination
Will learn to engage difficulty
As its most rewarding threshold!

O'Donohue, John, "To Bless the Space Between Us"

Are you interested?

If you are interested in hearing more about this program or participating, please contact:

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Campus Ministry

