



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.

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.

Past participants of the program have found it extremely rewarding. By setting aside this time through a formal program it carved out a space for them to connect in a more meaningful way.

"Through the accompaniment program I discovered the power of presence and a supportive community that walks with me."

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:

1. Commit to a regular engagement.
2. Determine the themes for accompaniment conversations. engagement.

The Accompanier will:

1. Offer encouragement, validation and affirmation.
2. Walk with participants to encourage personal growth and development.
3. Assist with differentiating between matters pertinent to a manager and those of an accompanier.
4. 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

Are you Interested?

If you are interested in hearing more about this program or participating, please contact your local Campus Pastoral Associate.

Campus Pastoral Associates

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“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