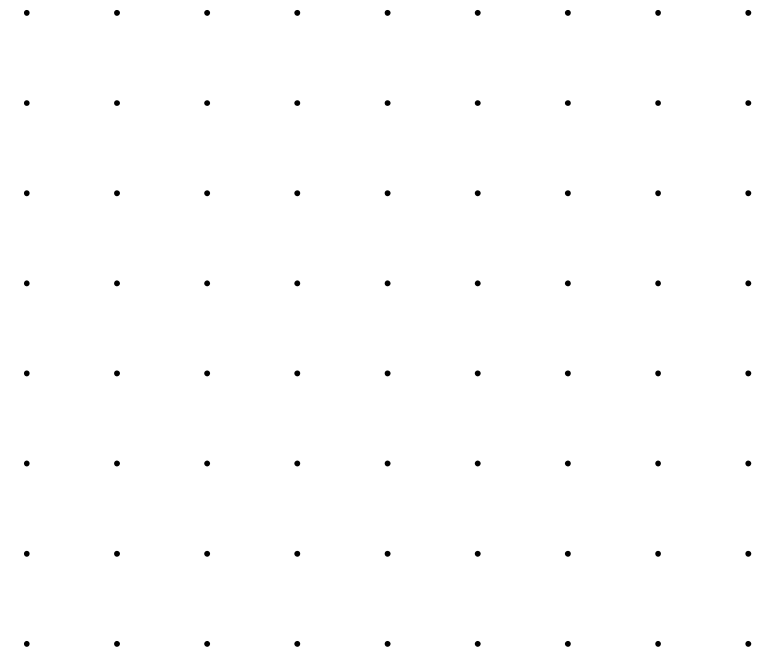


Committee Self-care Package

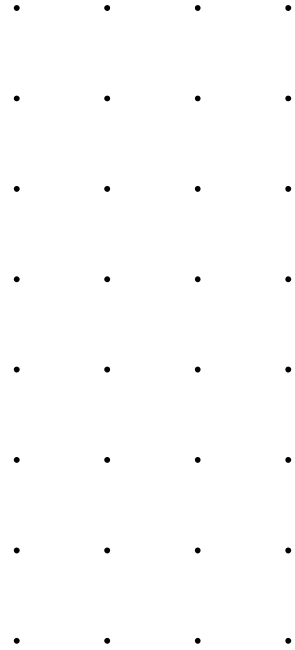
Semester 1 2024

Sophie Trinh

13/02/2024



Congrats again!!

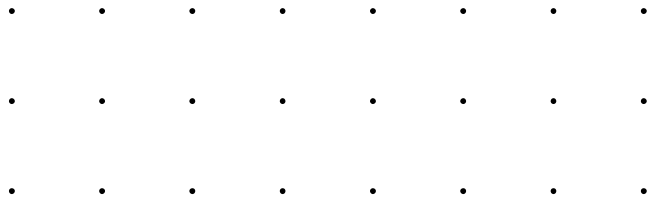


It is extra work...

- Time for:
 - Meetings
 - Planning
 - Attending events
- While you still:
 - Study
 - Work
 - Have your personal life

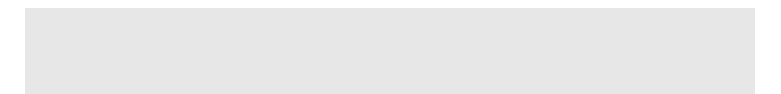


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So, how to take care of yourself?

Because clubs should be a joyful experience, not a burden



Know your capacity

I know the excitement of taking on responsibility and learning new things of your passion, but...

- Overcommitting can make that joy turn into stress
- Ideally, operate at 80-85% of your capacity
 - Set out times for your routines & hobbies
 - Allocate study time around that
 - Then allocate time for clubs
- Ideally 1-2 clubs is a good load of responsibility



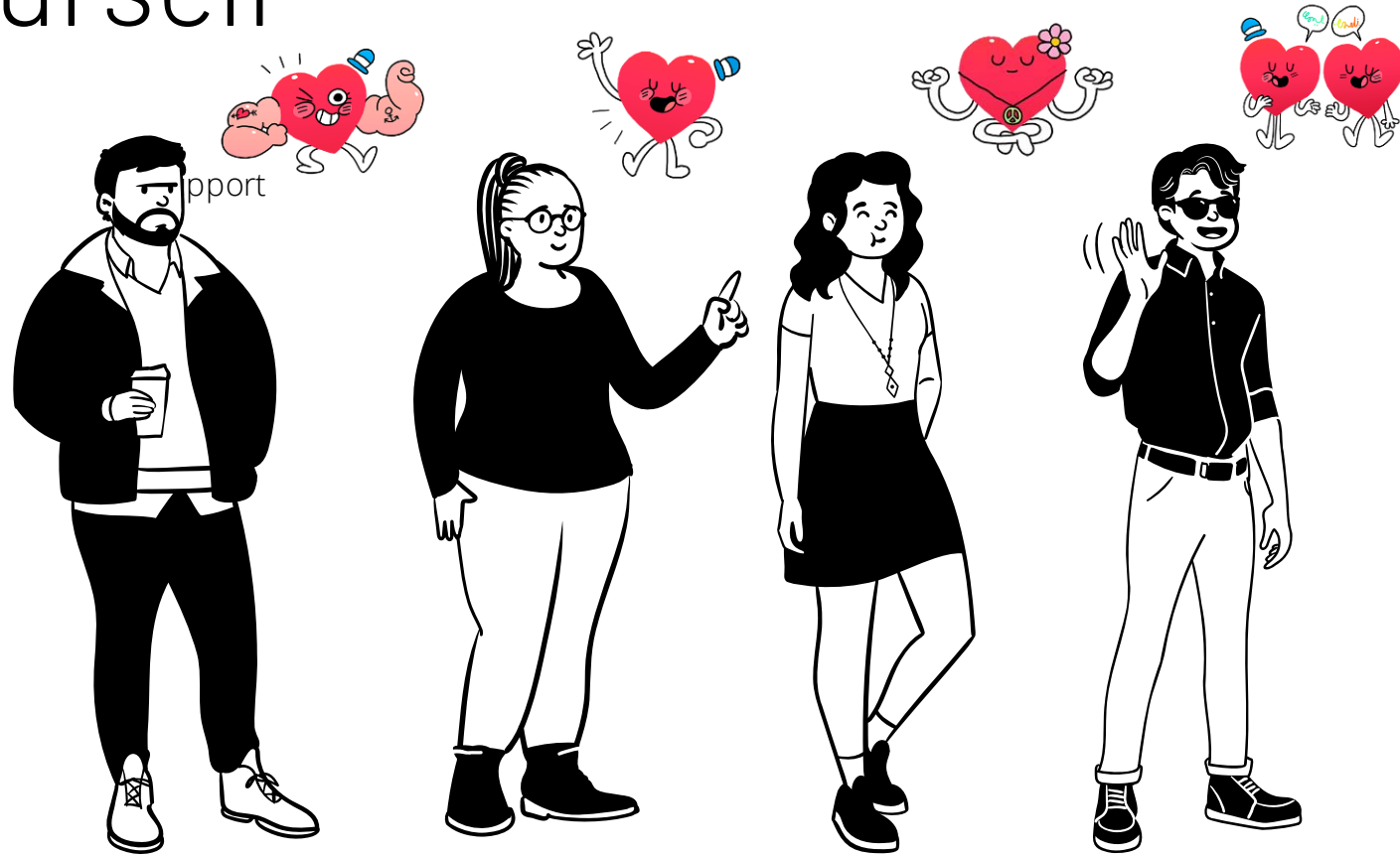
Set your boundaries

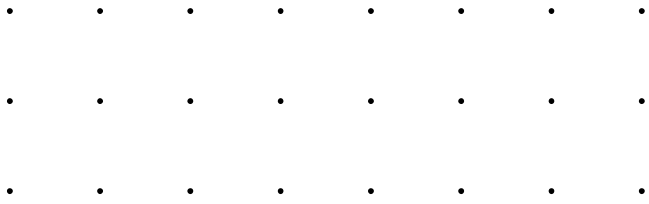
- Allocate a block of time just for meeting during the day
- Sometimes, email can wait
- It's okay to say no



Look after yourself

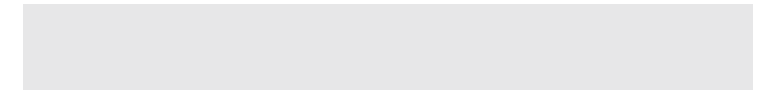
- If there's anything that makes you feel uncomfortable
 - That is NOT okay
- You have the right to:
 - Take a break
 - Talk to any C&S Officer or SSL staff
 - Submit a complaint (QR code)
 - Step down from the committee
 - And anything that would help you feel better
- C&S staff are available for chat and provide





On the other hand...

Your C&S Officers also need your support...



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We have lots of clubs to take care of

So here are a few things you can help...



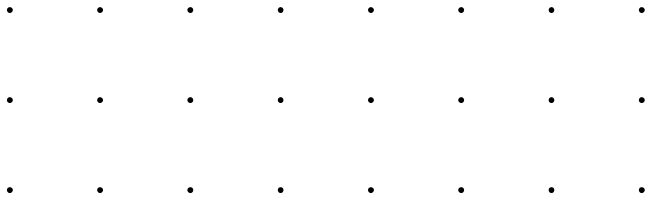
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- Stay organised
 - o Get your ENF in early
 - o Have your budget research and sorted
 - o Use the Excel sheet provided for budget
 - o DO NOT buy anything without your Officer's approval
- Keep good communication (we're always so

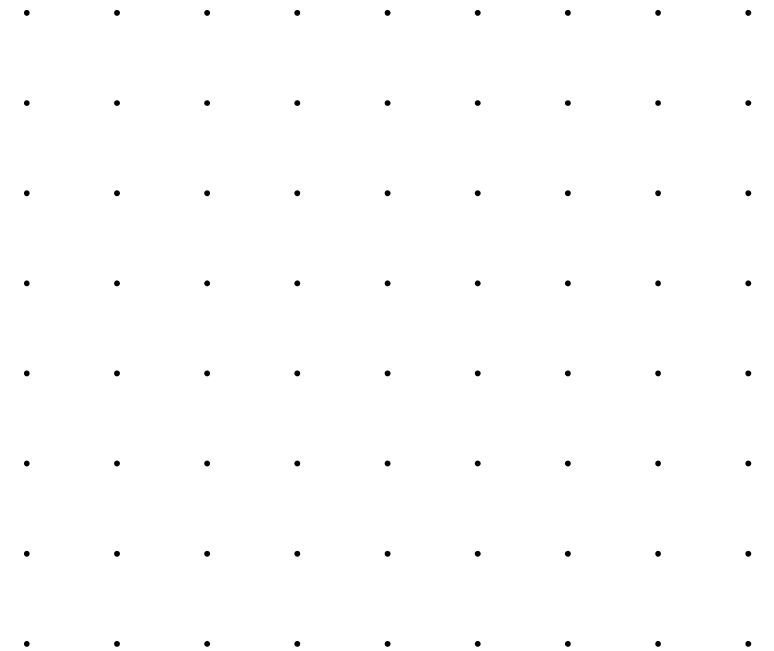
- keen to catch up)
- Share with us your thoughts and ideas!





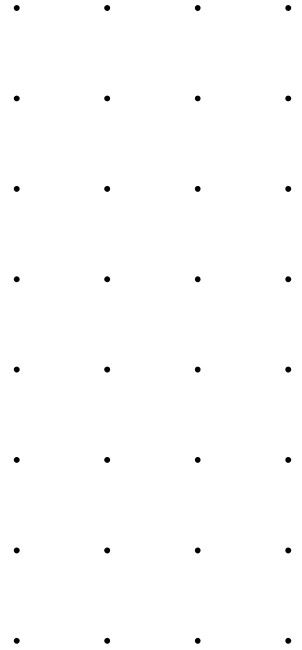
You're almost there...

Just a few more things



Clubs & Sport agenda schedule

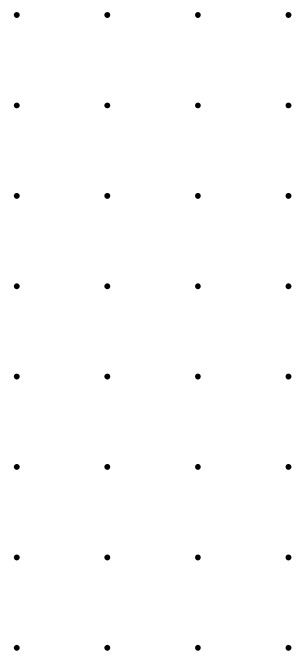
Day	Team agenda
Monday	Events approval
Tuesday	Financial approval & processing
Wednesday	Events approval
Thursday	Financial approval & processing
Friday	Team meetings



Club Hub

- The Junction, 1PM - 4PM

Day	Club Hub Officer
Monday	Diana
Tuesday	Alex
Wednesday	Luke
Thursday	Sophie
Friday	n/a

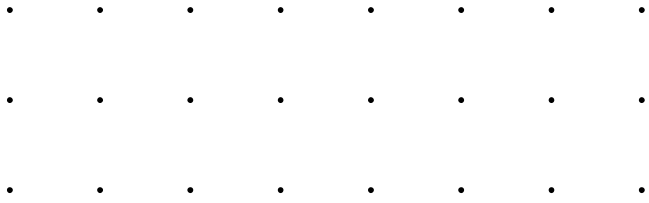


Club Hub

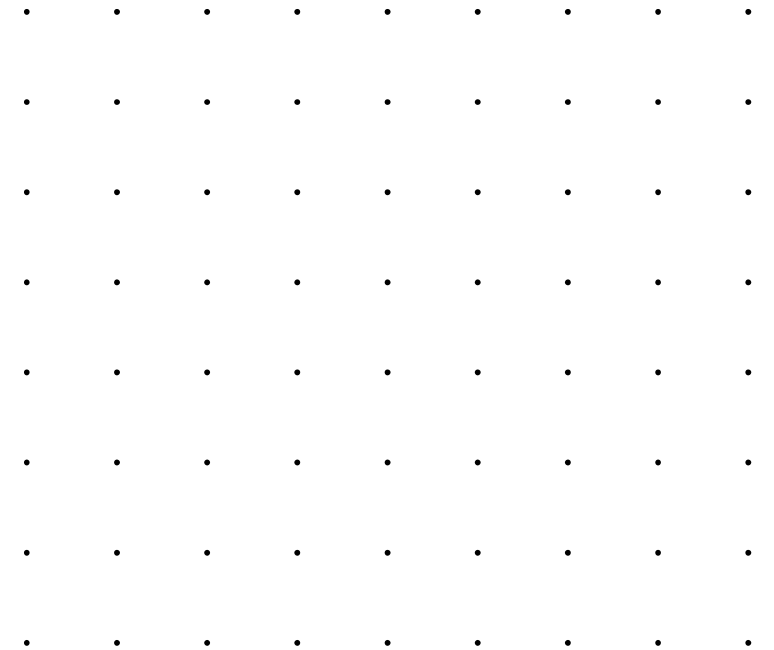


- Starting in Week 2 Sem 1 2024
- Located in The Junction – Level 1 (JN110) Next to the Node
- Running 4 days a week (Mondays, Tuesdays, Wednesdays and Thursdays)
- From 1pm to 4 pm
- Monday - Diana
- Tuesday – Alex
- Wednesdays – Luke
- Thursday - Sophie
- No previous appointment needed. Just come and say Hi!





Any questions?



Menti - ask anything!

