



Michelle Taylor POET OT

The NEWS #1

Welcome

Thank you for joining me for my very first edition of *The NEWS!*

A New Website

A home for arts, health and wellbeing



After 18 months in development, I launched my new website in January and I'm excited to share it with you! This website brings together in one place what I've been up to over the best part of my working life in the arts and health sectors, and their intersections! There's plenty of free resources and learning opportunities to help you so please check it out and subscribe at <https://michelleataylor.com/>

You can press play on the homepage to watch a video about different areas that may interest you - **For Health Professionals**, **For Everyone** and **Author** - or perhaps they will all offer you something! (*I recorded this in the middle of summer and the cicadas are loud! Can you hear them?*)

If you have any feedback, let me know. This is a learning process for me. Over time I'll be adding new resources. If you like the website and *The NEWS* please share with others who might also find it helpful.

NEW Performing Under Pressure

A new talk for children and teens to help with stress and anxiety



What's it about?

Lots of anxiety is normal. It could be when speaking in a group, doing an exam or performing on the stage or field. Or when just thinking about doing these things. Or maybe doing everyday things. Or for seemingly no reason at all. We'll talk about stress and anxiety and consider these as things we might befriend, even see as helpers! We'll learn ways our bodies and minds can help us to feel more in charge.

Combining the power and play of words and poems with the science of sensory approaches, and with the help of my dog Bam Bam, we're going to have a lot of fun while learning a whole bunch of simple ways to manage worries which you can use straight away. We can't eliminate everything stressful but we can feel like we're back in the driver's seat of our feelings!

MEET THE TEAM



MICHELLE TAYLOR
Poet and Author



MICHELLE TAYLOR
Occupational Therapist



MICHELLE TAYLOR
Anxious human



100 WAYS TO FLY
Book of poems



CAMEO: BAM BAM

My experience - I did my Masters of Arts on scary stories and how these might help us. A story, a poem, the arts can offer new ways to view and understand worrying things, and ultimately help us to feel more in charge.

For over 30 years I've been writing poetry and working as an Occupational Therapist and I'm passionate about helping people to feel empowered. (*While also making that fun and not scary!*) **Performing Under Pressure** brings my learnings together in a one hour talk designed especially for young people in an entertaining, hopeful and practical way.

Book **Performing Under Pressure** through Speakers Ink
<https://www.speakers-ink.com.au/speakers/michelle-taylor> or send me a message at michelle@michelleataylor.com

Motivational Interviewing

Helping people to grow and change - opportunities to learn and practise!

It's been an exciting six months! There's a new text book for Motivational Interviewing (MI). I love the 4 tasks and their helpful questions for conversations - Can we walk together? Where are we going? Why would you go there? How will you get there? (*I am a visual learner with a poor memory, so I like to sketch things - you can see my drawing below!*)

MI is a bit like learning another language, an instrument or a sport. Practice makes us not perfect, but better at it. As one clever cookie said, you can read a book about flying but that doesn't mean you can fly a plane! Ways to continually practise will be important if you want to build your skills and confidence using MI.

A good place to begin is the **book** by William R. Miller and Stephen Rollnick - be sure to purchase the Fourth Edition published in 2023. There is also the official **website** <https://motivationalinterviewing.org/> which has many resources.

A **workshop** is a great way to learn the skills of MI. There are numerous opportunities online. I have workshops with OT Australia coming up <https://otaus.com.au/cpd> - face to face in Melbourne and Perth as well as online, or send me a message at michelle@michelleataylor.com to talk about a workshop to meet your needs.

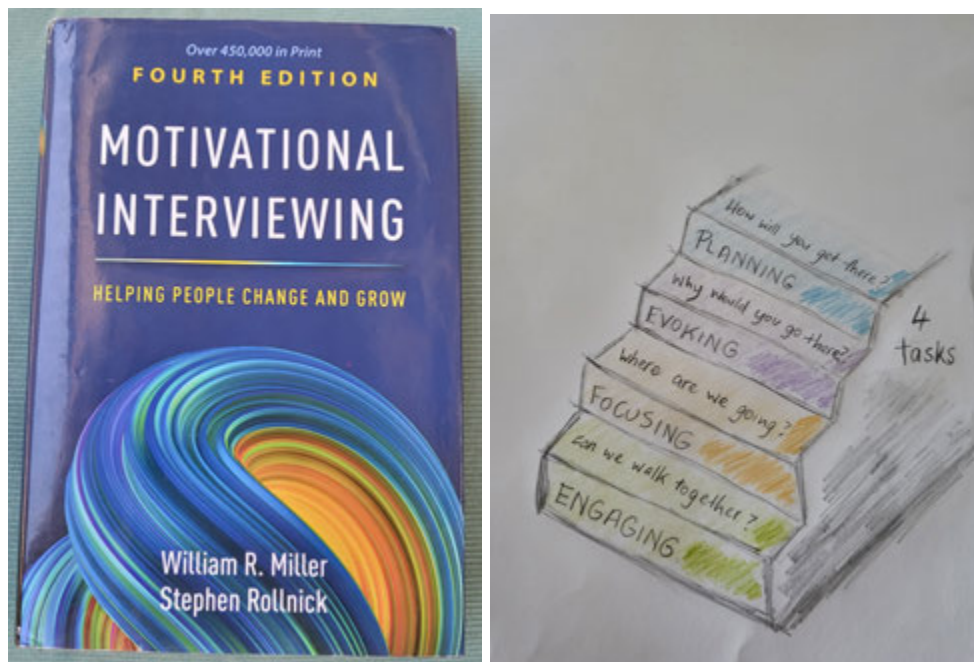
NEW MI Coaching Sessions

I'm excited to have the capacity to offer coaching sessions this year.

Coaching is an opportunity to improve and consolidate your skills and confidence using MI. Coaching offers time to practise and reflect with supportive feedback and guidance. Even one or two sessions can help to apply the key components of MI alongside your current approaches.

Coaching sessions may interest you if you want to go further with your practice after some initial training. Maybe you prefer one on one support or don't have opportunities to practise MI with others, or you learnt MI a while back and would like a refresher.

If you're interested in coaching sessions send me a message at michelle@michelleataylor.com to talk about what suits your needs.



Book Recommendation

I want a book to...

Stories can offer ways to understand and reimagine ourselves and the world, to inhabit characters and empathise with others, and to create safe spaces to view and contain hard things.

Fox, written by Margaret Wild, illustrated by Ron Brooks and first published in 2000 is possibly my favourite picture book of all time.

This fable has themes of belonging, friendship, envy, risk, betrayal and determination and speaks equally to young and old. I've read this to my children and to middle aged workshop participants. Its gorgeous illustrations and poetic text touch readers in a tale spanning the gamut of what it means to be human (even though the characters are animals!) Through hardship and fallibility, we also have the chance to find beauty and strength.

Angus Fontaine in Australian Style says, 'This shattering collision of paint and prose has pictures so epic and vivid they make you weep, and words so stark and poignant they knock you out of your boots'.

Consider sharing this book with people who may feel vulnerable or isolated, are making hard decisions or struggling with change, who have experienced trauma, have regrets, who are considering their values or friendships or are coping with challenging emotions.



Sensory Approaches

Resources to improve the way you feel and function using your senses

What is a Sensory Approach?

One way of explaining Sensory Approaches is that by understanding and using our senses, we can change our mood. It's often harder to think when we're highly emotional, tired or unwell. Because Sensory Approaches target lower levels of the central nervous system, they can offer easier ways to feel and function better when we're less able to use thinking and talking strategies.

To learn more, you might like to watch a video (which I made with the help of my very creative daughters). Watch the video here <https://vimeo.com/185118619>

Or try out **abc sensory**. This is a simple tool which offers sensory ideas to help you feel and function better at difficult times. It was designed with input from young people but is useful at any age. You can download it at <https://michelleataylor.com/for-everyone/>

In future editions of *The NEWS* I will be sharing resources from my project **That Makes Sense**.



These resources have been in the pipeline for the last five years. I've been busy collaborating with people with a range of health and wellbeing lived-living experiences to bring these to you. I look forward to sharing them soon - stay tuned!

Thank you for taking this time for yourself and to read what's new!

Until next time,

Michelle

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