



The FoNS Weekly News



Knowing self

Guest editor: Sheila McGovern



Hi there

I am guest editing this week's newsletter while my amazing, wise, and kind colleague Debbie is on holidays. As I contemplated what I wanted to share, I decided to draw upon some work I am involved in presently on one of our culture change programmes.

One of the prerequisites of McCormack and McCance's framework for person-centred nursing is "*knowing self*."

This is one of the areas we explore early in the process when we work with groups who want to bring about meaningful culture change within their teams and workplaces.

Why is this so important?

Because we can only truly support others in their growth if we first take the time to understand and work on ourselves. Culture change often requires us to unlearn old habits and relearn new ways of thinking and working – and that process starts with self-awareness.

"Knowing self" is essential because it encourages us to ask ourselves the challenging, reflective questions that help uncover the assumptions and hidden biases we may hold. This self-exploration is crucial when we are trying to change "how things are done around here".

If we cannot recognise and confront our own habits and patterns first, we will struggle to truly understand what needs to change and will be less able to support others in challenging and reshaping theirs.

One of the tools we use to support this process is the *Who am I as a person?* activity from Chapter 1, page 5 of the **Fundamentals of Person-Centred Healthcare Practice by Brendan McCormack et al, Wiley Blackwell.**

[Read more](#)

Check back next week for my second part of this reflection considering bias and racism whilst facilitating resilience-based clinical supervision.

The PerCIE International Roundtable Debate: Reimagining Person-centred Approaches in Health and Care

13:00 - 15:00 GMT, Thursday 27 November 2025

Join FoNS Person-centred Practice Facilitator Grace Cook and leading voices in health and care for a dynamic and thought-provoking international roundtable. They will consider the future of person-centred approaches in education, practice, and policy.

This event is open to all, [book your place via this Teams link](#).

Resilience-based Clinical Supervision: Open to all January 2026

New 'open to all' programme starting January 2026. An inclusive, participatory online programme, suitable for nurses, clinical educators, AHPs and anyone who has an interest in restorative supervision.

Session 1: 29 January 09.30-12.30

Session 2: 05 February 09.30-12.30

Session 3: 12 February 09.30-12.30

Session 4: 26 February 09.30-11.30

Session 5: 12 March 09.30-11.30

£575 per person.

[Book your place](#)

RCN Education Conference 2026 - Call for abstracts now open!

Theme: *Celebrating innovation & diversity in nursing education*

The RCN is seeking inspiring, impactful work that showcases:

- Innovations in post-reg, pre-reg & practice education

- Contributions from all levels of nursing inc. students, support workers & internationally educated nurses
- Nurse-led initiatives across the NHS, independent & third sectors

[Visit the RCN website for details](#) - deadline: 24 October 2025

The RCN is also offering up to four discretionary funded places for student nurse members to attend and present at the conference. Funding will include support with travel and accommodation costs.

Visit [the website for more information about funded places for students](#)

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