

Dave Bertin from CHSS talks about self-management

Interviewer:

What have you found inspiring this evening?

Dave Bertin:

Well, I think it's always just people's inner strength that comes out at times like this. All that struggle and adversity people have, but they dig something out of themselves, which, people seem to always find it, and I think that's brilliant.

Interviewer:

And what does Self-Management mean to you?

Dave Bertin:

Well, for me, I suppose it's all about people feeling they have some sense of control. I mean, when you are living with some kind of health thing, which we all probably, or most people do. If you feel you have no kind of control of that, I think you really, really struggle. And when you start to feel you can control something, then it's less scary; and then I think people move on. That's the key to me.