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| **Resilience and Wellbeing** A series of leadership learning and development sessions for all leadership roles working in Primary Care Delivered virtually via Zoom It’s become clichéd to say that these are challenging times. Everyone knows that many people are more stressed, anxious, worried, and exhausted than usual. It is entirely reasonable to feel these things, given what’s going on. Experiences will of course vary from person to person and it’s important to acknowledge that teams may be going through a wide range of responses, just as they have been since the start of the pandemic. It is even more important now for leaders to take care of themselves and those around them.Our resilience and wellbeing sessions are designed to enable individual reflection and exploration of the latest developments in neuroscience, positive psychology and resilience to help leaders enhance their own well-being, feel less pressured and facilitate resilience and well-being in their teams.Each session is stand alone. The content of each is complimentary and delegates would benefit from attending any or all of the series. These sessions will be a mix of input, activities, conversations, and reflection. Together we explore how to calm negative emotions and how to learn the scientifically proven tools and techniques which will have long term benefits for wellbeing. There will be opportunities to build personal strategies that can really make a difference to our emotional health.  The sessions will provide practical exercises, suggestions and tips for leaders relevant to themselves and their staff. **Target audience:**All primary care leaders **Dates and times:****Sessions 1 – Emotions Matter – “Riding the Corona-coaster”-** [**click here to book your place**](https://healtheducationyh.onlinesurveys.ac.uk/resilience-and-wellbeing-sessions-1-emotions-matter-2)**12th March 2021  ,12:00-14:00**We are living through a pandemic that most of us could never have imagined. Many of us are not in the best emotional shape.  Emotions matter for health and wellbeing – how we feel influences our bodies, including physical and mental health. Stress and pressure are associated with increased levels of cortisol linked to depression, cardiovascular issues and weight gain.  Learning to regulate unpleasant emotions and experience more positive emotions have been shown to have health benefits including greater resilience. During the session you will:* Gain knowledge about Barbara Fredrickson’s research in this area
* Explore the links between psychological wellbeing and physical wellbeing, productivity, engagement and resilience
* Undertake an emotional audit
* Learn how to maximise your positive emotions
* Apply tools and techniques to boost your emotional wellbeing

**Sessions 2 – “Boost Your Bounce!” (Resilience – what it is and what it isn’t!)                                       -** [**click here to book your place**](https://healtheducationyh.onlinesurveys.ac.uk/resilience-and-wellbeing-sessions-1-emotions-matter-2)**25th March 2021 ,12:00-14:00**To cope and thrive, leaders need to be agile and resilient. Resilience is more relevant than ever as we juggle work lives which are disruptive and ever changing with often increasing demands. We will explore the latest developments in neuroscience, positive psychology and resilience to help you enhance your own well-being, feel less pressured and facilitate resilience and well-being in your teams. During the session you will:* Surface and reflect on your current resilience level
* Understand the components of resilience
* Understand and be able to apply a gauge for measuring your resilience level so you know when to take action to protect yourself
* Better understand how to build and boost your resilience level
* Craft an effective strategy to create a better, more integrated work-life balance/blend

**Sessions 3 – “You Matter” – Self Care and Self Compassion –** [**click here to book your place**](https://healtheducationyh.onlinesurveys.ac.uk/resilience-and-wellbeing-sessions-3-you-matter-sel)**15th April 2021  ,12:00-14:00**As is often the case in difficult times we are seeing the best and worst in humanity. There is plenty of blame and anger around.  There are also acts of kindness and compassion. None of us has infinite energy and our ability to remain compassionate, effective and productive in both our home and work lives (increasingly blurred) will rely on our ability to look after ourselves. Investing in our own wellbeing and developing greater self-compassion needs to be a priority. Each of us is different and there is no one right way to do this – the methods we choose to invest in our wellbeing is not so important but doing it is vital. During the session you will:* Understand the notion of “intrinsic motivation” and why this makes self-compassion more difficult for key workers
* Learn about the 3 core components of self-compassion
* Explore how developing greater self-compassion boosts the immune system and reduces anxiety
* Understand how practising self-compassion can change your responses to negative experiences and setbacks
* Identify the tools and tips to incorporate self-compassion into your life

**Facilitators- Rene Barrett**An independent development consultant for 18 years, a fellow of the CIPD, with a Master’s Degree in Business Administration. Previous experience includes - Director of Development at North West Employers, Assistant Director of HR with Salford MBC and Director of Learning for the GMB trade union. Rene is working with clients, both individually and organisationally on building resilience, performance, wellbeing and happiness and now specialise in the area of equipping leaders to focus on building high performing and thriving organisation. She regularly commissions to deliver masterclasses and workshops across the public sector, in health, education, emergency services and local authorities.**Register your place:**To obtain a place you will need to register via the links above. Places will be allocated on a first-come, first-served basis. Once registered, your place is confirmed. There is no fee to attend, by registering you will be signing up to a cancellation charge of £150 for non-attendance unless you notify leadership.SW@leadershipacademy.nhs.uk 10 working days in advance of the event date or your attendance is deputised.**Equality Diversity Inclusion Statement of Commitment:**We are committed to creating a learning and working environment which is inclusive of all our participants. The South West Leadership Academy strives to empower under-represented communities. We aim to eliminate any disadvantage based on age, disability, marriage, civil partnership, race, culture, religion or belief, lack of religion or belief, sex, gender identity, sexual orientation, pregnancy, maternity or any other minority characteristics. If we can make any adjustments to enable you to access and participate in our event, please get in touch with our Inclusion Coordinator Mr Erk Gunce (pronouns: he/him/his). We also welcome any general comments on the inclusivity of our events. We will work with you to address your concerns in a respectful, dignified manner. |

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