



NHS Team Wellbeing and Resilience

How to prioritise self-care and compassion whilst building team resilience

Online Workshop

Thur 3 Feb 2021 09:00-15:00

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Full agenda: Thursday 3rd February 2022 | 9.00am registration- 3.00pm close

Workshop leader: share in first-hand experience with **Cathe Gaskell, Director, The Results Company**

Event information: highlights of the programme:

- **Building a healthier and happier workplace:** rebalancing yourself and your team
- **Interactive discussion:** What self-care techniques do you currently practice and what could you incorporate going forward?
- **Recognising burnout and building resilience:** how to work positively under pressure
- **Interactive discussion:** When burnout presents itself what pre-emptive steps would work in practice?
- **When demand outweighs capacity:** tackling your time management challenges
- **Interactive discussion:** How can you reshape your thinking to feel more in control? How can optimism help your team thrive?
- **Communication and confidence building:** how to be positive and motivate others
- **Interactive discussion:** What negativity, conflict or differences of opinion have you come across in the past? How would you approach this now and what different outcomes could you envisage?

Expected attendees: audience insight:

- **NHS teams** to attend as either a group or individuals to enhance your resilience and cohesion
- **Service managers, clinical or nurse leads** to build your understanding of team qualities

Pricing structure: price and attendance

- £299 + VAT for one NHS or public sector place
- £249 + VAT (each) for two or three NHS or public sector places
- £599 + VAT for one commercial organisation place

You or a colleague can claim the £249 + VAT NHS discount, for booking two or more places, if you also book onto:

- [Compassionate and Supportive Leadership Skills](#) taking place on Wednesday 6th October
- [Resolving Verbal Complaints](#) taking place on Tuesday 16th November

Commercial companies are also invited to sponsor this day, please [email Sarah Kemm](#) for further details.