

Supporting Growth Through Adversity: The Story of Now and the Future

Time to connect with peers and reflect on the psychology of how we responded to recent challenges and harnessed new opportunities across teams and organisations.

Date:

Friday 16th October
12.30-15.30

via Microsoft Teams





Introduction

In the last few months organisations and teams across the South East had to adapt their ways of working to the new challenges that Covid-19 has presented us with. This unprecedented time has seen many colleagues across the NHS working incredibly hard, stepping up to roles they never thought they were ready or able to do and performing these with great dedication, enthusiasm and kindness.

Here at the NHS Leadership Academy, all our leadership development programmes were put on hold. We are now slowly beginning to look to the future beyond Covid-19 and we are very excited to bring our faculty together, although virtually, for this CPD session.

Who is this event for?

This virtual CPD session is designed to provide current Coaches, Mentors, HLM and MBTI practitioners and ALS specialists with an opportunity to connect with peers, share experiences and learn new tools and approaches to support their current practice.

Event objectives and benefits for participants

This CPD session will provide you with the opportunity to connect with others and reflect on the experiences of recent months. We will consider what life has been like, the impact on our work, and how it is starting to reshape present ways of working across teams and organisations. Many of the changes made to our ways of working occurred quickly through necessity. Now, with the opportunity to look back and reflect on what has happened, we will be asking:

- What, as practitioners, do we need to be aware of as we move forward?
- How can we help the individuals and teams that we work with, to grow positively from adversity?
- What are the additional changes we must make to our practice to enable this?
- What will be the longer-term impact of this on us and the teams and organisations that we work with?

Finally, we will ensure that this session provides you with the time and space to learn and share your thoughts and reflections. There will be a range of practical tools, tips and ideas to support you in your work, plus two case studies from organisations in the region that have put some of these tools into practice.

[Click here](#) to book your place. *(Please note spaces are limited so please book as soon as possible)*

If you have any questions about this event please email us on nhsi.selll@nhs.net



About the facilitator



Rebekah Giffney, Occupational Psychologist
BSc, MSc (Dist), CPsychol, AFBPsS, MHCPC, MBPS

Rebekah, who works extensively with the NHS, is an experienced Chartered Occupational Psychologist, with more than 17 years' experience working with individuals, teams and organisations.

Rebekah is passionate about helping people realise their full potential. With her team of practitioners Rebekah provides a range of learning opportunities that hone and harness the skills, expertise and abilities of people to meet the situations and challenges they face at work.

Rebekah is at the forefront of the provision of leadership, culture and team development for clinicians and managers in health and care settings across the country. She strives to challenge mindsets, build belief and support change through the use of psychology-based development.

Keep in touch:

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