

Welcome to the 2nd edition of our South East Leadership Dispatch. In this edition we are profiling further masterclasses in our 'Leading in the Light of Covid' masterclass series. These masterclasses have been designed based on engagement with you, our leadership community across the South East, and are aimed at supporting you to look after the people you lead by looking after yourself as a leader.



We have designed all our Leadership and Lifelong Learning offers in the South East to support you during the coming months, as we continue to face the challenges of dealing with Covid, restoring services and delivering a safe Winter.

Please do get in touch with us to highlight any other needs you have as leaders, or topics that you would like to see us cover in either our 'Leading in the Light of Covid' masterclass series or in our other offers.

Ali Jennings, Head of Leadership and Lifelong Learning, South East

[Mary Seacole Local facilitator programme](#)

The aim of the Mary Seacole Local programme is to enable our NHS organisations across the South East the flexibility to deliver a high-quality nationally recognised development programme on a local basis. We are now recruiting local facilitators who will be trained and supported by a member of the national Leadership Academy mobilisation team to deliver this fantastic programme to teams across the South East region. For more information and to apply [click here](#).

Only limited spaces available.

Leading in the Light of Covid – masterclass series

[I, We, All Masterclass](#)

24th November 2020, 13:30 – 15:00, with Rasheed Ogunlaru

Join Coach-Speaker-Author Rasheed Ogunlaru for this inspiring and empowering leadership and equality, diversity and inclusion masterclass. This energising and interactive session invites you on a journey of appreciating our individual, interconnected and intersectional selves, teams, organisations and world. For more information and to book [click here](#).

[Leaders as allies: Why me? Why now - Black History Month](#)

25th November 2020, 10:00 – 12:00, with Sandie Dunne

This masterclass will be making the links between theory, discourse, policy and action. You will get to explore authentic allyship as an agent of change and transformation and have the space to think about your own role in this. [Sign up now](#).

[Resilience – what it is & what it isn't](#)

3rd December, 18:00 – 19:30, with Rene Barrett

This session will explore the latest developments in neuroscience, positive psychology, emotional intelligence and resilience to help you enhance your own well-being, feel less pressured and facilitate resilience and well-being in your teams. For more information and to book [click here](#).

[Emotions Matter – 'Riding the Coronacoaster'](#)

9th December, 18:00-19:30, with Rene Barrett

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. For more information and to book [click here](#).

Graduate Management Training Scheme

Applications for Trainees Sept 2021 are now open

As a Trainee on the NHS Graduate Management Training Scheme (GMTS) you will be on the road to developing the skills, knowledge and confidence you need to lead our organisation through its transformation into an ever more efficient, successful and professional health care service. [Click here](#) for more information.

11th November 13:30 - webinar for those interested in applying. Register for the webinar [here](#).

Hampshire 20/20 - Leading Beyond Boundaries – Applications are now open

This exciting opportunity will help participants develop their own skills to support local health service transformation. We will be building on the Partnership's achievements as we equip participants with the right skills, the confidence and courage to be leaders of change and innovation to benefit our local population.

Apply by 16 November

For more information email Heather.Bennett@hhft.nhs.uk

Healthcare Leadership Model App

The NHS Leadership Academy have developed a new digital tool to complement their work around the [Healthcare Leadership Model](#), which supports our NHS people to become better leaders in their day-to-day roles. The [Healthcare Leadership Model App](#) allows you to record observations about the leadership behaviours that you see around you and explore these using the nine leadership dimensions of the healthcare leadership model.

CPD wellbeing offer for NHS Coaches

Dates: 12th November

As part People Plan objective “Making the NHS the best place to work”, we are offering qualified NHS coaches a complimentary half-day activity **Coaches Recovery Lounge**. The session will focus on recovery, reflection and renewal in challenging times. To find out more and book your place [click here](#).

Executive suite offers

Developed to support executive leaders to meet the challenges of leadership over the coming years, these offers are provided to open the space for co-development of leadership and lifelong learning with executive leaders. Current opportunities include:

Decision Making in Uncertain Times – Kings Fund Masterclass

19 November 2020 @ 10:00– 12:00

For Executive Directors in health and care

In this masterclass, you will explore how uncertainty is showing up in your organisations, the impact it has on you and those you lead, and how you are already making decisions in this context. We will introduce some key concepts that offer new perspectives for engaging with uncertainty personally, and for involving others in doing so too. For more information and to book [click here](#).

Virtual action learning sets

Virtual action learning sets provide a safe, secure and confidential space, through which individuals and collectives can explore the complexities of current leadership challenges and determine new and innovative ways forward. To find out more [click here](#).

For regional offers: nhsi.selll@nhs.net | <https://se.leadershipacademy.nhs.uk/> | @SELA_NHS

For partner offers – please follow the link in the offer you are interested in and contact organisers directly.