

Workshop:

Introduction to Inclusion: Navigating the polarities

Brief overview

In this 45-minute introductory session I will facilitate learning about the concept of inclusion and introduce theoretical and practical ways of working with clients. We will cover topics of intersectionality, psychological safety, belonging, and privilege and discrimination.

About the speakers/facilitators

Karol is a Senior Clinical Leader, Darzi Fellow alumnus, and a Fellow of the Royal Society for the Encouragement of Arts, Manufactures and Commerce (FRSA).

By clinical background, Karol is a Cognitive Behavioural Psychotherapist, Trauma Specialist, Couples Therapist, Group facilitator, Counsellor and Supervisor. Karol also has a background in academic research, strategic analysis and evidence-based practice.

He has over 12 years of NHS experience, developing workforce innovation within the Equality, Diversity, Inclusion, Human Rights and Staff Wellbeing agenda. Karol currently works as a Programme Manager for the NHS England and Improvement in the South East region, he is passionate about working with inclusion and removing barriers to it.

Together with Dr Giles Allen he also developed the Understanding Trauma in Healthcare programme which they are currently delivering across the South East region via Leadership Espressos.

