

East of England Neonatal and Paediatric Healthy Leadership Development Programme Cohort 4



A series of topics and modules designed to develop leadership and wellbeing. The modules will be built around leadership, teamwork, communication, culture, wellbeing, psychological safety and more.

Each topic will be a 20/30 minute session with follow up discussion and time to reflect. Post topic supportive information will be shared.

Leadership is not a rank but an act. All of us are called upon to demonstrate leadership in our roles. This course is aimed at those across our organisations who want engage with leadership as a 'doing thing'.

Each topic will be supported by comprehensive information and a



Topics include:

Introduction, how do we learn and grow ?– taking ownership of my development

Care Support Pyramid – domains that require leadership focus to improve colleagues experience

Healthy Leadership Rhythm – establishing leadership habits that support the team and the task

Build a team each day – establish the work required to create an effective team quickly

Briefing and Debriefing – communication, planning, learning and innovation – on the job

Hygiene Factors – relentless attention to working condition and getting the basics right

Five Questions – reducing anxiety and increasing clarity with coaching and compassion

Quality – defining and describing the concept of quality concerning task and team

Golden Rules of Performance – establish, maintain and improve individual and team performance

Human Factors – the factors of work and human behaviour that influence outcomes

Absent Team – the team of the future is built on the actions of the present

Self-Care - spotting the signs of distress in others and be confident in your response

Going Home Checklist – creating psychological wellbeing for colleagues at home

The Importance of WHY? – clarity of 'why' and a compelling individual and team purpose

Effective Feedback – feedback as the mechanism of change

Significant programme content is pre recorded with learning objectives and discussion points.

Facilitators will guide sessions and encourage break out discussions and follow up.

Attendance at each 2 hr session is mandatory. Please ensure you have your managers support prior to applying for this course . Apply via the website: www.eooneonatalpccsicnetwork.nhs.uk/events/

**4th Oct 0900–1100, 11th Oct 1100-1300, 16th Oct 1400-1600, 9th Nov 1400–1600,
17th Nov 0900-1100, 22nd Nov 1300–1500, 29th Nov 1100–1300, 7th Dec 1000-1200.**