



This workshop is aimed at individuals who lead/manage people

We know in health and social care staff are highly skilled, motivated have great wisdom, experience and profound values of compassion. Unleashing their collective wisdom requires compassionate leadership. As we continue through the pandemic compassionate leadership means paying attention to all staff, truly listening to them and being present with them. Empathising with people in your teams and feeling their fears, stresses, uncertainties, anxieties and exhaustion will provide the motivation to always ask the question ‘how can I help you?’ the most important task of leadership. Compassion should also be guided by appreciating and meeting the basic needs to be met for all our people in our teams.

This reflective workshop allows us to explore the notion of compassionate behaviour and to understand the evidence, based on compassionate behaviours which is key for promoting a healthy and compassionate culture. This reflective workshop will focus on how positive examples of compassionate leadership: communication, empowerment, awareness, and appreciation can prevent negative outcomes such as bullying and harassment, stress and sickness absence. During this workshop be prepared to ask yourself that all important question; ‘*What is it like to be led by you?*’

Workshop Dates

Service	Date	Times
Domiciliary (OP)	25 March 2021	13.00 – 14.00
Residential (LD) / Mental Health	26 March 2021	14.00 – 15.00
Supported living & extra care	13 April 2021	14.00 – 15.00
Residential (OP)	15 April 2021	14.30 – 15.30



Essex Partnership University

Please note –places on these workshops are limited and will be operated on a first come first served basis.

To enrol onto a place on the workshop email: epunft.od@nhs.net