

People Promise



We are
safe and
healthy

Leadership Support Circles

Health and wellbeing programme for anyone who leads a team

what is it?

This is an NHS wellbeing programme designed to support **leaders and managers** at times of extreme pressure.

There is a wealth of evidence about the value of safe space to share experience in a structured time, at a time when pressures are at their highest

Themed, facilitated, interactive webinars (75 minutes), scheduled weekly from 20 April to 6 July 2022, create a safe space to de-compress, be heard and connect with others having similar experiences.

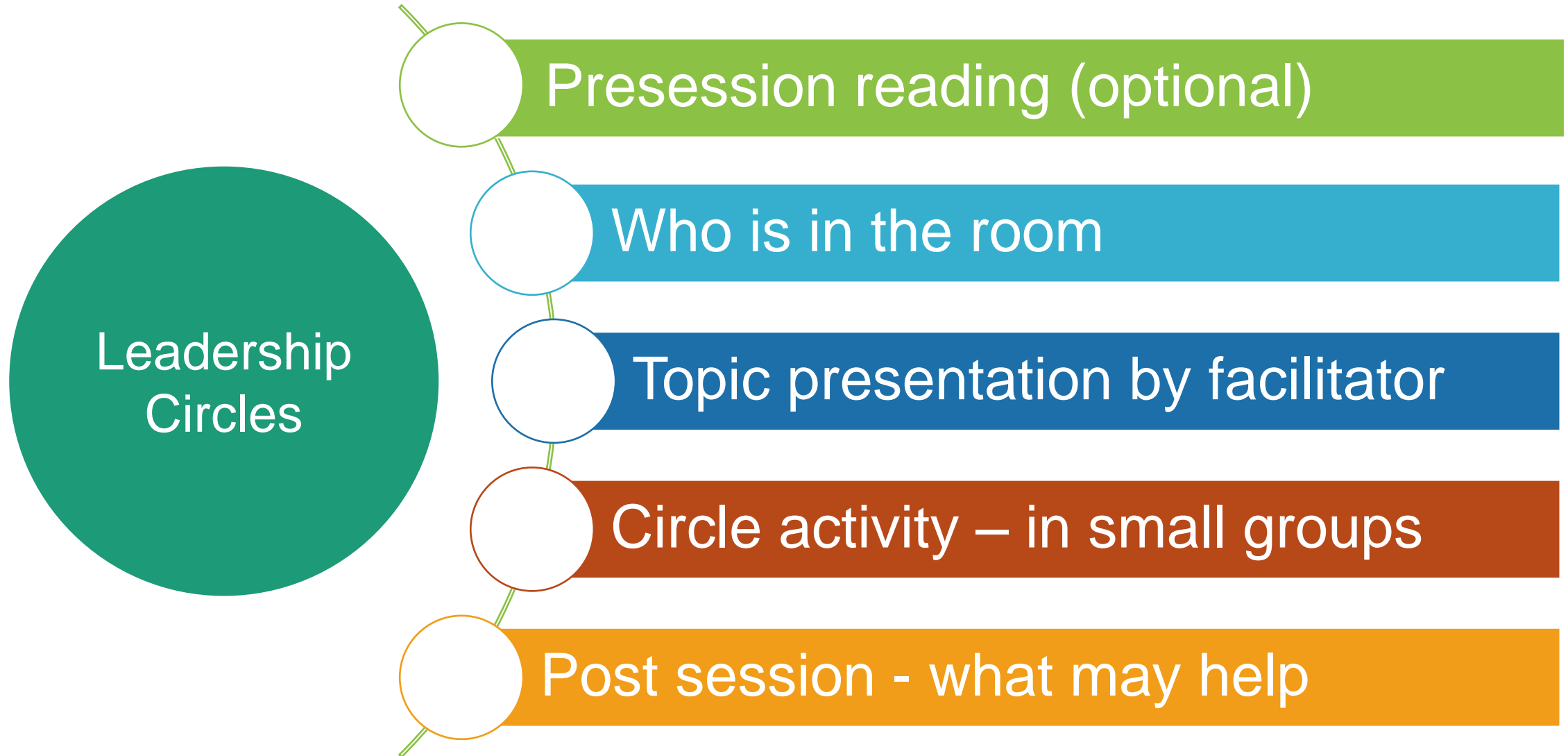
Circle sessions provide facilitated supportive space for all those who have a responsibility for managing a team, at whatever level, and whether medical, clinical or non-clinical.

Participants can share current experiences and gain personal insights about self-care supporting their teams, as we continue to navigate challenging working conditions and adjust to new ways of working.

You can join **any one or all** of the themed sessions and will also be signposted to further resources.

The programme is facilitated by Cambridgeshire and Peterborough NHS Trusts, including CCS, however the sessions are open to **all CCS staff who are responsible for leading a team, regardless of your locality**

How each session is run....



8 different topics/sessions

Based on 8 evidence based behaviours to promote wellbeing and resilience



Look after yourself



Speak candidly and compassionately



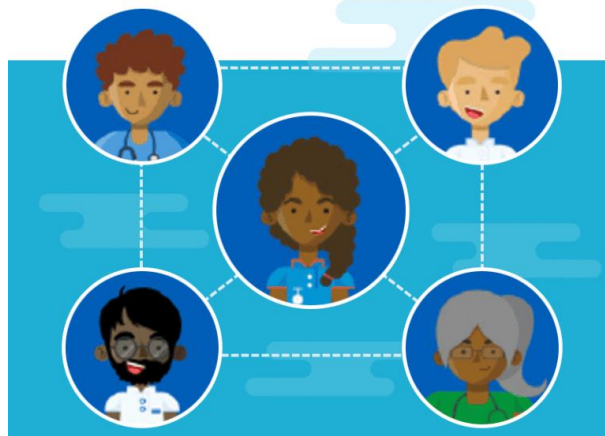
Be inclusive in the way you lead



Look out for your team



Resetting your team



Agile, hybrid leadership



Accepting an uncertain future



Beating pandemic fatigue

how to book on?

To book on a session use the link below.

Bookings are being managed via the “entry page” of the Cambridgeshire and Peterborough Training Hub.

[Cambridgeshire & Peterborough Training Hub](http://cptraininghub.nhs.uk)
cptraininghub.nhs.uk

Please remember to add the Organisation Code where it says GP code

Some of the feedback from previous LSCs

As a result of attending this leadership support circle, can you give an example of what will you do differently in your area?

Encourage staff to get help if they feel the need

Be open and honest about my feelings rather than just putting on a brave face.

Take the resources and leadership circles back to my team

Invest in more time for myself and take better care of me

Listen more and make time to get together and discuss what is happening

Ensure reaching all team members with communication, 1:1 if needed

I will remember how far we have come and be positive

Apply this knowledge to day to day practice - use my own experiences when talking with people