

SupportTT Training the trainer session for educational supervisors

Educational supervision in the time of Covid – skills and tools for ESs working with returning trainees: half-day workshop via zoom

Half day workshop for Educational Supervisors in Y&H via Zoom: 09:30-12:00 on 11th February 2021 and 3rd March 2021

What is the aim of the workshop?

To offer skills that may benefit educational supervisors supporting trainees returning to practice.

Why should I attend?

Trainees returning at this point in time are doubly vulnerable - all the usual anxieties associated with returning from a gap in training, plus the additional concerns and uncertainty of Covid. Coaching skills are one way of resourcing oneself as an educator. The tools proposed are specifically related to developing greater trainee confidence.

The evidence tells us coaching skills are beneficial, and evaluations tell us they have a positive impact. Equipping professionals with skills that enhance their communication is an important part of improving patient care and the patient experience, as well as boosting self-confidence in managing what could be demanding educational relationships. Current national strategy such as the NHS Long Term Plan and NHS People Plan call for more opportunities for coaching, as well as activities based on coaching.

What will I learn?

- How coaching tools can add value to educational supervision
- A range of coaching tools which can be used in educational supervision when working with trainees who may be anxious about returning to training
- What a “20 minute care space” is and how to use it as a supervision practice for staff including trainees

What will this workshop involve?

This interactive workshop will introduce ES's to a range of tools for educational supervision and to the 20 minute care space - an easy-to-use model for team supervision and wellbeing used extensively in healthcare teams across the UK.

A mixture of theory and small group work in the session means participants will be able to take away and use their learning immediately in their educational role with returning trainees. Some tools will be drawn from schools of coaching and others from ACT (Acceptance and Commitment Therapy, a form of Cognitive Behavioural Therapy which has a robust evidence base for practical tools addressing anxiety).

The range of tools offered is informed by working with SupportTT since its inception and listening to feedback from both trainees and trainers.

How do I book?

Bookings are made via EventBrite, please use the below links

11 February 2021, <https://www.eventbrite.co.uk/e/training-the-trainer-supporttt-skillstools-for-ess-in-the-time-of-covid-tickets-131471493777>

03 March 2021, <https://www.eventbrite.co.uk/e/training-the-trainer-supporttt-skillstools-for-ess-in-the-time-of-covid-tickets-131472372405>