

Will deliver the following course as detailed below:

Stress Management and Personal Resilience

Date: 18th October 2024
Location: Clinical Practice Centre, St James Hospital
CPD Points: 6
Times: 9:00am-4:00pm
Facilitator: Veronica Baldwin



The NHS has never been busier. Personal pressure exists throughout. How people ‘bounce back’ and how teams work together in such challenges is down to the way they pull together and adapt to the changes they face. Resilience is the ability to recover quickly from setbacks and adversity. Resilient people stay committed and increase their efforts when the going gets tough. It used to be thought that people were just born with “resilience”, but we now know that anyone can improve their resilience through effective training and development.

Measurable Aims: At the end of this programme, the delegate can:

- Define resilience and explain its importance
- Identify work related stress and burnout and its influence on productivity and work-life balance
- Apply resilience to a busy clinical workload
- Use cognitive tools to manage high pressure
- Develop a resilience grid
- Describe 8 examples of relational wellbeing
- Help others to build resilience

The Programme Includes:

Module 1: Define Resilience

- Define resilience and its importance in the NHS

Module 2: Cognitive Tools to Help You

- The 7 keys of resilience
- 4 Psychological Techniques for Mental Agility

Module 3: Focus on your Future

- Action Planning