



Building Resilient Teams Workshop

Multi-Professional Learning Group

DESCRIPTION

The adage of taking care of oneself in order to take care of patients can be challenging when staff in health and social care services are under pressure to meet the increased volume and complexity of patients' needs. Individuals and teams can feel stressed, impacting on their ability to work together to ease the pressure. Moreover it can seriously impact on retention of highly trained staff. Building team resilience isn't just about coping; it also offers even the most effective teams useful ways to maintain a team's ability to communicate, collaborate and make best use of resources.

This half-day workshop will provide you with an opportunity to increase your understanding of the ways in which stress can manifest itself in teams and how to take thoughtful and practical steps to address it. In participating in this session you will be investing some much needed time to help you and your team work well together, and with others, under potentially challenging circumstances.

THREE THINGS YOU WILL LEAVE WITH

- Recognise the indicators of a team under stress and take steps to address this
- Respond to conflict and difference arising from challenging environments
- Build a more cohesive team approach when under pressure

TARGET AUDIENCE

GPs, Nurses, Pharmacists, Care Navigators, Social Workers, Allied Health Professionals, Mental Health Professionals, Practice Managers and Other Managers, Reception Supervisors

NEIGHBOURHOOD	VENUE	DATE	TIME	REGISTRATION LINKS
NW5	Queen's Crescent Community Centre, 45 Ashdown Crescent, London, NW5 4QE	Tuesday, 13 March	13:00 - 17:00	REGISTER
CHE	Ort House, 126 Albert St, Camden Town, London, NW1 7NE	Wednesday, 14 March	09:00 - 13:00	REGISTER
NW3	Pax Lodge, 12C Lyndhurst Rd, Hampstead, London NW3 5PQ	Wednesday, 21 March	13:00 - 17:00	REGISTER
SOUTH	Ort House, 126 Albert St, Camden Town, London, NW1 7NE	Thursday, 29 March	09:00 - 13:00	REGISTER