

# LEADERS SUPPORT; WINTER AND STAFF RECOVERY

At the East of England Leadership Academy our aim is to support leaders by providing helpful and practical interventions that assist with challenges for today and into the future. Our development offers can be tailored to help provide you with support you may need now and development to drive transformation and improvement.



## DEVELOPMENT SUPPORT For health and care leaders at all levels

Staff need supported space to reflect on the demands of coping with service delivery, whilst also leading transformation for integrating care around local population need. Our virtual, bitesize events offer ease of access to expert, facilitated space to equip staff with the skills and competencies to assist with the challenges for today and into the future:

### Authentic Leadership



In these sessions, you will have the opportunity to consider why authentic leadership is important for NHS leaders and managers to model at this time. What authentic leadership is and how authentic leadership can support resilience in yourself and your team. How to develop your authentic leadership style and reflect on preconceived ideas as to what managers and leaders do. For more info click [here](#).

### Mindfulness and Wellbeing sessions



The introductory Mindfulness Masterclass on the [11th Jan](#) combines the latest insights from neuropsychology and emotional and social intelligence and explores what mindfulness means, the benefits and applications in everyday life, as well as providing participants with the experience of mindfulness practices. This is then followed by a series of weekly mindfulness sessions to embed the practice into everyday life. For more info click [here](#).

### Trauma Informed Leadership



Trauma-Informed Leadership is about being well-informed to understand and appreciate areas that people may be struggling with. These might be directly related to the pandemic, indirectly triggered by what has happened with Covid19, or may result from people's wider life experiences. For more info and/or to access, click [here](#)

### The Art of Being Brilliant and Rising Stronger



Art of Brilliance - During uncertainty and complexity, it's even more important that you know how to be at your best. For more info and/or to access, click [here](#). Rising Stronger - a follow up from the Art of Being Brilliant this session has individual and team resilience at its core, For more info and/or to access, click [here](#)

### Supporting personal resilience by managing operational risk



A workshop to explore the link between personal resilience, organisational resilience and how to be proactive in avoiding operational risk. For more info click [here](#).

### Compassionate Conversations



Building a compassionate culture through everyday compassionate conversations has a wide range of benefits including boosting our health and wellbeing, enhancing our working relationships, and creating an inclusive and supportive climate. For more info and/or access, click [here](#)

### Systems Leadership



In order to thrive when working within multi-agency, multi-professional teams, across organisational boundaries and sectors, systems leadership skills and competencies are needed. We will support you to build and develop inclusive, cross-sector system leadership capabilities and skills. For a range of events, resources and development opportunities click [here](#).

### Primary Care and PCNs



Having revolutionised primary care delivery during Covid-19 and now facing unprecedented demands we offer leadership development to support primary care staff and development to tackle challenges facing PCNs for delivering Integrated Care, such as population health management and addressing health inequalities. For more info, click [here](#)

## ONLINE RESOURCES

### #PROJECT M (WEBSITE & SUPPORT GROUP)

A selection of online resources focused on wellbeing and support during challenging times. More info can be found [here](#)

### E-LEARNING MODULES

E-learning for healthcare provides e-learning programmes to support the health and care workforce. Topics include coaching skills, managing change, health and wellbeing champions and staff recovery resources.

### NATIONAL SUPPORT FOR OUR PEOPLE

Supporting our people – helping you manage your own health and wellbeing whilst looking after others. Online resources, guides and programmes to support staff health and wellbeing through the pandemic and beyond.

## COACHING & MENTORING

*Supporting individuals & teams*

## COACHING & MENTORING

121 coaching and mentoring support is available via the East of England Leadership Academy Hub. Providing a thought-provoking and creative process to; Maximise your personal and professional potential; Increase morale, motivation and enthusiasm; Improve self-confidence at all levels; Encourage a more proactive approach to addressing issues and making decisions. For more info and/or to apply, click [here](#). You may also be interested in our **Introduction to Coaching Skills for Managers** bitesize workshops, which support all managers and leaders with a coaching skillset to support day to day interaction and approaches with staff and colleagues. For more info and/or to access, click [here](#). **Executive Coaching** - We are able to support our senior Leaders through our Executive Coaching offer. For more info and to be paired with a coach, please contact [ee@leadershipacademy.nhs.uk](mailto:ee@leadershipacademy.nhs.uk)