

# LEADERS SUPPORT 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:**

### Introduction to Coaching Skills for Managers

The aim of this workshop is to give managers some simple tools and thoughts that will help them adopt a coaching approach to managing their people. To book 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](#)

### 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](#).

### Rising Stronger

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](#)

## INCLUSION, EQUALITY AND DIVERSITY

### Disability Confidence Workshop

Most people acquire their impairment or health condition during adult life, so it is important that managers and all staff become more confident when managing and working with disabled people in the workplace. We are delighted to be working with [Disability Rights UK](#), a registered charity with over 25 years' experience in the disability and equality field. Click [here](#) to book your place.

## Stonewall Workshops

We are delighted to be working with Stonewall to offer a series of workshops supporting our LGBTQ+ staff, patients and service users. Further details and booking links to follow – Watch this space! Titles include "Being a Better Ally to LGBTQ+ People of Colour", "Delivering LGBTQ+ inclusive services", "LGBTQ+ Mental Health: Supporting your colleagues" and "Championing LGBTQ+ inclusion as a senior leader." Click [here](#).

## LEADERSHIP LEARNING ZONE

The LLZ has been developed to provide individuals with a tool that will enable learning, enhance understanding and embed vital skills and knowledge that will contribute to the, physical and psychological well-being of our people and can be accessed free of charge by all NHS staff [here](#).

## #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. Please click [here](#).

## 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. Please click [here](#).

## 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](#).

