



Our Workshops

Being able to present effectively is a key skill, required of all healthcare leaders in order to progress their service and career. This workshop teaches delegates how to present professionally, and how to overcome nerves, objections and troublesome audience members.

Format: Workshop Style
Numbers: 1 - 16
Duration: 4 hours - 2 days



- 50% - Effective Communication
- 25% - Improving Partnerships
- 25% - Improving Performance

Who will it benefit?

Key Opinion Leaders and Healthcare Professionals who need to make an impact with their presentation at National & International level.

How will it help the delegate?

Each delegate will receive plenty of practice, and learn the key rules for presenting to an audience, uncovering how to make a real difference when they present. Delegates also learn about audience interaction, especially in the Q&A session.

What does the workshop cover?

Researching the audience; Effective preparation; Dealing with Q&As, Effective use of PowerPoint®; audience interaction; making a difference to patients; what to do if things go wrong; developing your service through effective presentations.

Learning Outcomes

Each delegate ends the workshop knowing how to make an effective presentation that makes a real difference to their service and patients. Delegates learn how to use PowerPoint® effectively, and how to handle audience interaction.

"Gives you feedback on stuff you don't normally get feedback on."

Stephen Wilson

"Made an interactive workshop (which I normally dread) enjoyable. Will improve my presentation skills going forward."

Sean Keane

"Useful to develop confidence in presentation skills and develop the structure of a presentation."

Asif Yasin



Effective communication is at the heart of everything we do. Delegates will learn how to improve the communication amongst their teams and with their patients, and the wider communities they serve.

Format: Workshop Style
Numbers: 8 - 24
Duration: 4 hours



- 65% - Effective communication
- 15% - Improving Partnerships
- 20% - Effective teamwork

Who will it benefit?

Healthcare providers at any level or experience.

How will it help the delegate?

Delegates will learn about the 4 styles we use: Driver, Expressive, Analytical and Amiable. Our online survey tells them their dominant styles in a relaxed and pressured environment and how to recognise traits that determine the dominant style in others.

What does the workshop cover?

Delegates complete a 20-minute online survey. The results of the survey shows them their dominant styles and what each style represents, that way delegates can be more aware of how they are communicating and how to be alert to others' styles as well.

Learning Outcomes

Delegates will learn how they like to be communicated with, but importantly how 'opposite' types like to be communicated with. Armed with this their effectiveness in the team will grow substantially and how they communicate with patients will improve – particularly when giving bad news.

"This will help you understand others you work with. A worthwhile self-analysing 2 hours."

David Coyne

"We analysed ourselves and another through fun and non work-related tasks."

Annabel Judd

"Short, incisive course – well run."

David Ellis



In today's very busy world it is possible for us to experience feelings of frustration, overload and stress. In this workshop, delegates will learn what is happening in their brain and body that causes those feelings and how 'calm people' use that knowledge to feel at ease - even when the world around them is extremely challenging.

This workshop teaches delegates how to have more 'control feelings' and emotions to develop personal resilience.

Format: Workshop Format

Numbers: 4 - 8

Duration: 1 Day



- 25% - Trust
- 25% - Teamwork
- 50% - Improving Performance

Who will it benefit?

People who have more to do and handle than they can manage. For leaders and managers who want to reduce stress related absence, or stay calm in a crisis, to anyone who isn't reaching their full potential or productivity due to workplace stress.

How will it help the delegate?

No-one teaches us how our brain and our mind work. As we grow up, we find coping mechanisms for stress, but some are ineffective, and some are less than healthy! Instead of learning how to handle stress, this workshop teaches how not to get stressed in the first place, and if you do, how to re-set back to feeling OK within minutes.

What does the workshop cover?

This workshop focuses on 3 key areas: Why we experience overload and frustration, the practices of resilient people and how to apply that practice to yourself and bounce back.

Learning Outcomes

Delegates will learn techniques to stay calm when all around you are not, what our brain is doing that causes us to experience stress and ultimately how to have more control feelings and emotions to develop personal resilience.

"Really grabs your attention, inspiring & encouraging that you can change the negative aspects of your thinking."

Luke Groves

"Learning how to manage stress, without having to share your secrets."

Nichola Jones

"Really helps in understanding how our thoughts affect our feelings."

Sakeb Hussain



A practical, hands-on workshop, which gives the delegates insight into what interests an interview panel. They get help with their CV or Application form, preparation, dress code and how to handle difficult interview questions.

Format: Workshop Style
Numbers: 1 - 24
Duration: 4 hours



- 70% - Developing your knowledge
- 20% - Effective communication
- 10% - Improving partnerships

Who will it benefit?

Healthcare professionals who want to make the next move in their career, we run sessions for STs, Nurses and Pharmacists.

How will it help the delegate?

Delegates will learn how to 'sell' themselves effectively through their CV and during their interview. The workshop leader also offers an 'improve your CV' session with each delegate, which can be done during or following the workshop.

What does the workshop cover?

Likely interview questions, what the panel are looking for in a candidate, how to construct a winning CV/Application form, letters of application, visiting before the interview, panel make-up, 5 things that panels consider.

Learning Outcomes

Delegates will learn to write a winning CV/Application form, who to visit and what to ask, improving their CV in 7 key areas, techniques for handling tough interview questions and the secrets of what the panel are looking for.

"Good session, focussed."

Jay Patel

"Great workshop."

Sampath Kumar

"Excellent, productive day – developed my confidence for approaching interview/presentation."

Louise Sweeney



A new Consultant has to lead and manage a team for what may be the first time in their career. This workshop takes delegates through the challenges of managing a team, how to receive and give feedback to others, whether they be bosses or subordinates.

Format: Workshop Style
Numbers: 1 - 12
Duration: 4 hours - 2 days



- 65% - Effective teamwork
- 15% - Improving Partnerships
- 20% - Effective communication

Who will it benefit?

New Consultants or STs in the latter stage of their training.

How will it help the delegate?

Delegates may have learned their management technique by copying others, in this workshop delegates uncover what motivates and demotivates team members, and how to manage people in Multi-Disciplinary teams.

What does the workshop cover?

Turning a team from failing to successful, motivation and demotivation factors, objective setting, Running effective meetings, giving feedback, dealing with problems and reaching targets.

Learning Outcomes

Delegates will learn how to start making an effective team from day one, how to handle difficult and challenging people and situations, how to set goals and reach them, how to run effective meetings, how to work with managers and other teams effectively.

"A very revealing, enlightening and practical way of realising our most needed human needs."

Bridgette Fraser

"Useful. Don't assume you know it...starts you thinking."

Neil Jackson

"Will help my team, so that they can see the bigger picture."

Claire Whitehead



Chairing a large meeting is a great challenge, which if met successfully can develop your management and leadership skills. This workshop explores the attributes and skills needed to be a successful chair.

Format: Workshop Style
Numbers: 1 - 24
Duration: 4 hours



- 70% - Effective communication
- 20% - Improving partnerships
- 10% - Developing your Knowledge

Who will it benefit?

Senior Healthcare leaders progressing in their career.

How will it help the delegate?

Delegates learn how to plan and deliver effective national and international meetings which make a real difference to the attendees. Delegates will learn through a mixture of practise and lectures, how to handle time pressures, noisy audiences, poor presenters and how to take charge if there is a problem.

What does the workshop cover?

Planning the meeting, housekeeping and welcome issues, starting and finishing on time, dealing with speakers good and bad, keeping speakers on time, facilitating an equal and unbiased airing of opinion without getting personally involved, dealing with challenging audiences, delivering an effective meeting which makes a real difference to attendees.

Learning Outcomes

Delegates will learn a range of techniques helping them to develop their skills in a key area of their developing career.

"Informative, interactive and inspires confidence to be a better Chair."

Karen Fee

"Equips you with the tools to tackle behaviours and be more effective in planning and being Chair of meetings."

Laura Liddle

"Lots of discussion regarding how the theory can be used in practice."

Peter Hastie



This workshop helps delegates to use an effective structure to help deliver winning negotiations for themselves and their service, how to influence a wide range of people ethically- colleagues, trust management, team members, patients, and even teenagers!

Format: Workshop Style
Numbers: 4 - 24
Duration: 4 hours - 2 days



- 70% - Improving patient services
- 20% - Improving partnerships
- 10% - Improving performance

Who will it benefit?

Healthcare professionals who have to negotiate with and influence others.

How will it help the delegate?

Delegates will learn how to achieve win-win negotiations, planning for effective outcomes and be able to deliver effective service development.

What does the workshop cover?

Research and planning for success, an effective structure for negotiations, delivering win-win outcomes, how people are influenced, tactics of tricky negotiators.

Learning Outcomes

Delivering change through influencing others, an effective and reproducible structure for negotiating back at work, making a real difference to service and patients through effective negotiating and influencing.

"Talking things through with others so that they can understand you without confrontation."

Jeffrey Luk

"Great way to prepare for a meeting in a systematic manner."

Amar Kapoor

"Excellent course and very practical & useful in both personal and professional circumstances."

Stacey Voges



Problem Solving – Dealing with Challenging Situations

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DEVELOPING HEALTHCARE LEADERS

Delivering a clinical service is no longer simply about treating patients effectively. Today, we need to network, compete for funding, work with multi-disciplinary teams and managers across primary and secondary care.

Format: Workshop Style
Numbers: 4 - 24
Duration: 4 hours



- 60% - Effective teamwork
- 25% - Improving performance
- 15% - Effective communication

Who will it benefit?

Healthcare Professionals who want to develop and improve the service to their patients.

How will it help the delegate?

Delegates will learn how to succeed in the increasing complex and fast changing world of healthcare delivery, how to manage effectively in the face of targets, budgetary demands and time restraints.

What does the workshop cover?

Using a series of case studies, the workshop covers who, when and how decisions in the healthcare system, 'management speak', how to interpret and use complex financial and data issues and reports, strategies for dealing with complex and difficult problems.

Learning Outcomes

Delegates will learn how to make a real difference for their service and patients by working effectively with managers and multi-disciplinary team members and other stakeholders throughout primary and secondary care.

"I would thoroughly recommend this to all managers be they medical or non-medical."

Mark Narain

"Provides a good understanding of working behaviours, personalities, team working."

Nichola Nash

"You can find and learn something about yourself and others."

Emilia Wronska



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Call us today on **01908 511 572** to discuss how we can build a workshop to match the needs of your group

Developing an Effective Business Case -Working with Commissioners

The world around us is changing, and in England at least, the future seems clear. £20 billion needs to be saved from NHS budgets every five years, and Commissioners are charged with procuring the best value for money services that they can.

Format: Workshop Style

Numbers: 4 - 24

Duration: 1 - 2 days



70% - Improving patient services

20% - Improving partnerships

10% - Effective teamwork

Who will it benefit?

Consultants, Business Managers, Senior Nurses and Pharmacists who want a structure for 'pitching' to Commissioners that can be reproduced back at work in their own teams.

How will it help the delegate?

For delegates looking for investment in their service, to improve, to expand, or just to keep pace, sooner or later they will need to engage with the Commissioners. This workshop equips them to help get the right funding to make sure they provide what is needed for their patients.

What does the workshop cover?

Delegates will meet and work with NHS Commissioners to prepare a Business Case and a pitch it to them in a real to life presentation scenario. They will receive feedback from the Commissioners on their pitch and an indication into what would have happened in real life.

Learning Outcomes

Delegates will learn the value of working with stakeholders. Why getting the right data is invaluable (PROMs/PREMs and other patient data), how to build relationships with the Commissioners, preparing their Business Case and the importance of a team approach.

"Interactive, in-depth, gives you the tools to write an effective business case."

Hemant Laxaman

"This course will help you prepare, understand who to work with, and how to get better resources for your service and your patients."

Richard Lee (ex NHS Commissioner)

"Very useful insight especially how to write a business case."

Mehul Patel



Those needing to make the next step into becoming Leaders rather than Managers. Using our Leadership Styles Survey (built around situational leadership), delegates will understand the dominant style they typically adopt, learn more about communicating as a leader and Emotional Intelligence.

Format: Workshop Style
Numbers: 12 - 24
Duration: 4 hours



- 50% - Effective teamwork
- 30% - Effective communication
- 20% - Improving partnerships

Who will it benefit?

STs in the latter stage of their training and those new in a substantive post.

How will it help the delegate?

Often people adopt a management and leadership style by copying others. This workshop teaches delegates about their existing approach and demonstrates how they can be more effective by flexing their style and using a range of different tools to lead teams in a positive and engaging way.

What does the workshop cover?

Delegates undertake the “Four corners” exercise to look at the challenge of effective communication in small groups and the impact on larger organisations. They will also explore what Emotional Intelligence (EI) is and why it matters?

Learning Outcomes

Delegates will have reviewed existing methods of communication in their department established how communication needs to be structured and effectiveness monitored. Delegates will understand how EI underpins good leadership, creating “strong” leadership models with EI, understanding of empathy and how to use it constructively.

“Very different to what I expected. I really wasn’t looking forward to it, but it was good, fast moving and fun.”

Seth Blackstone

“A dynamic and practical workshop with valuable outcomes I can put into practice tomorrow.”

Malu D'Silva

“Eye opener! Have a better understanding of the potential challenges I will face when newly appointed a Consultant.”

Steven Bungay



What can you do when your team has run out of energy or motivation? This workshop will give an insight into team roles and how the wrong mix can be disastrous. Delegates will be taught basic skills for effective working in line reports.

Format: Workshop Style

Numbers: 4 - 24

Duration: 4 hours - 1 day



- 70% - Effective teamwork
- 20% - Effective communication
- 10% - Improving Patient services

Who will it benefit?

Team Leaders in Healthcare who recognise that leading a team successfully means linking performance to organisational objectives and competencies.

How will it help the delegate?

This workshop will equip the delegates with the necessary skills needed to get the best out of people and lead a team successfully.

What does the workshop cover?

We all work as part of a team, but sometimes it can feel as though the team is working against your interests.

This is an insightful, fun and outcomes orientated workshop, which examines how teamwork develops, how it fails and how to build a successful team. We will use a series of interactive team building exercises to demonstrate the pitfalls of ineffective teamwork and to explore the differences between a team and a group.

Learning Outcomes

In a lively, interactive feedback session, we will highlight the 10 influences that typically exist within a team and highlight positive working practices for every member of the team. Delegates will understand basic skills for Coaching, giving constructive feedback, running effective appraisals and breaking down barriers to communication.

"Well organised, clear objectives, great facilitator."

Lucy Darrell

"A revelation in most aspects allowing a clear understanding of our individuality."

Param Mariappan

"Challenges traditional concepts of team working."

Brian Thomas



In this highly interactive workshop we learn how to enable change by initiating audits, benchmarking, managing budgets and meeting the challenge of payment by results and practice-based commissioning.

Format: Workshop Style
Numbers: 4 - 24
Duration: 4 hours



- 70% - Improving performance
- 20% - Improving partnerships
- 10% - Effective teamwork

Who will it benefit?

Healthcare Leaders who have to deliver service improvements.

How will it help the delegate?

Planning and meeting the challenge of change in our service involves many complex areas, some not traditionally seen as part of the nurse's role. In order to ensure that the right change is implemented, we need to learn how to carry out some things and learn about others. In particular, the fast changing world of primary care will affect us as never before.

What does the workshop cover?

In this case study based, fun and highly interactive workshop, delegates will learn:

- How to plan for and carry out effective audits that make a real difference to patients and their experience of our service
- How to ensure that we are communicating with, and 'keeping up' with what is going on elsewhere
- How to make the best case for primary care and the new impact of practice-based commissioning
- How patient choice and payment by results can be used to enhance our service and protect us from the 'competition'

Learning Outcomes

Delegates will leave the workshop equipped with the tools and techniques they need to deliver service improvements in a challenging environment.

"Useful neutral forum to discuss potential issues."

Jacqueline Simpson

"Well organised, inclusive and interesting."

Colin Redwood

"Excellent facilitation which extracted the key information from all parties."

Jay Cannon



Speaker Skills for KOLs

- Spreading the message

A highly interactive workshop designed for those speakers presenting to a large audience at a conference or symposium. Delegates will present regularly across the workshop and they will receive constructive feedback from our trainers and their group colleagues, to help develop their style.

Format: Workshop Style
Numbers: 1 - 12
Duration: 1 - 2 days



- 60% - Effective communication
- 30% - Improving partnerships
- 10% - Improving patient services

Who will it benefit?

Senior Healthcare Professionals.

How will it help the delegate?

This workshop is an advanced programme designed for key speakers to develop their knowledge, presentation skills and communication techniques.

What does the workshop cover?

The workshop will cover how to present professionally, how to overcome nerves, objections and troublesome audience members. Delegates will also learn how to facilitate an effective Q&A after their talk and encourage audience participation. Delegates will be presenting regularly throughout the workshop.

Learning Outcomes

Every delegate will develop skills to create an impactful presentation which delivers productive outcomes as a result of their presentation. They will create their own 'Hollywood' statement for their presentation and appreciate the importance of structuring their presentation so that it challenges audience members to make a real difference.

"Thought provoking. Very engaging.
Very useful."

Olivia North

"A related environment. Builds your
confidence to effect change."

Nicholas Kiln

"Good interactive sessions and
feedback."

Johannes Meller



Mission, Vision & Values

- Planning & building together success for your patients

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A fast-paced workshop which will help delegates establish a clear vision and the implications for their service. Delegates will learn what vision means in practice and the values they need to instil in their team and the service to their patients.

Format: Workshop Style
Numbers: 12
Duration: 1 day



- 60% - Improving patient services
- 30% - Effective teamwork
- 10% - Improving partnerships

Who will it benefit?

Consultants looking to develop a stronger service to patients.

How will it help the delegate?

Delegates will understand about their own strengths and recognise other people's strengths and how strengths link to roles. They will recognise people work best when trusted and given freedom.

What does the workshop cover?

Delegates will present their service vision and in groups explore how to create trust within clear guidelines

Learning Outcomes

Delegates will have an outline of the Mission, Vision & Values they want to instil in their service and understand that major change is possible and will understand the importance of having a clear link between the reason the organisation exists and the work people do.

"Very good for understanding different needs at different levels."

Rajesh Bhagart

"The whole meeting was very good. It sets a different thinking process into action."

Monica Fox

"An invaluable day! A day peppered with ideas and motivation."

Neville Walker



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Call us today on **01908 511 572** to discuss how we can build a workshop to match the needs of your group

An interactive workshop with practical exercises and group discussions leading to more effective ways to lead projects and bring about service improvement.

Format: Workshop Style
Numbers: 8 - 16
Duration: 1 Day



- 50% - Improving performance
- 30% - Improving patient services
- 20% - Improving partnerships

Who will it benefit?

Healthcare Professionals charged with building or redesigning a service.

How will it help the delegate?

With the focus in government on "Agility" the group will explore what skills are required to deliver effectively and make their service agile.

What does the workshop cover?

Delegates will begin to identify the changes that need to happen in the organisation to bring about an improvement in an existing service or develop a new one.

Learning Outcomes

Delegates will understand the need for effective project management and learn how to implement the skills to existing team initiatives. They will learn how to develop strategies for adapting existing service processes in a changing environment.

"Most of the principles aren't new but this workshop makes you realise why you need to structure your projects."

David Cox

"Stimulating. Challenging. Relevant."

Peter Golightly

"Informative, pacy and lively workshop. I really enjoyed the day."

Eilish Smith



Steer your Ship – through uncertainty and change

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Using a mix of exciting sailing narrative and rich leadership insight, your facilitator, Brendan Hall shares his four key learnings from leading the winning team in one of the toughest global yacht races.

Format: Workshop Format
Numbers: 8 - 24
Duration: 2-4 hours



- 50% - Building & Maintaining Trust
- 30% - Improving Performance
- 20% - Effective Teamwork

Who will it benefit?

Leaders who find themselves overwhelmed by the requirement to change in uncertain times, and lead teams being given greater demands but with less budget and fewer resources.

How will it help the delegate?

This workshop will show leaders how to embed a culture that can weather any storm, embrace change, provide safety in uncertainty and develop trustworthy, resilient people.

What does the workshop cover?

Using four vignettes from Brendan's race story, delegates discuss the challenges faced to re-contextualise the learning back in their workplace. The four vignettes focus around Emotional Intelligence, Trust, Challenge & Growth and Empowerment & Ownership.

Learning Outcomes

Delegates will have a heightened appreciation of the need for leaders to invite autonomy and de-couple their ego from performance metrics. Attendees will leave with a greater ability to gauge and build trust levels in their team and the need to create a no-blame, learning organisation mindset.

"You provided new ideas on addressing challenges that we often face to turn these into opportunities."

"An engaging experience that translates directly into meaningful business & team building learning."

"Articulate, inspiring, entertaining and full of great practical advice."



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Call us today on **01908 511 572** to discuss how we can build a workshop to match the needs of your group

Being able to facilitate effectively is an essential skill required for any person responsible for leading a team or group to an agreed outcome in an appropriate, responsive and balanced way.

This workshop covers all of the areas relevant to achieving this and can be modified accordingly depending on the base skill level of the delegate's enrolled, and individual challenges that they may raise that they wish to concentrate on.

Format: Workshop Format
Numbers: 4 - 8
Duration: 1 Day



- 30% - Effective Communication
- 30% - Improving Performance
- 40% - Effective Teamwork

Who will it benefit?

Team or group leaders who wish to maximise group communication and interaction to achieve aligned results from their meetings.

How will it help the delegate?

Each delegate will get a chance to identify their key facilitation challenges and learn tips and techniques to overcome these. They then practice their real world facilitation scenario amongst the group, utilising these new tools and experimenting with them in a neutral environment.

What does the workshop cover?

Importance of ground rules; Facilitation experiences and challenges; Skills required for excellence at facilitation; Room layouts and meeting objectives; Questions – What and How?; Listening skills and other non-verbal communication skills; Handling questions and conflict; Character types in your audience; Action planning / brainstorming techniques; Skills practice.

Learning Outcomes

Each delegate ends the workshop knowing how to facilitate a group effectively that leaves their group feeling listened to, valued and involved with any meeting outputs that have been agreed to. Delegates get a chance to hone their questioning and listening skills, learn how to handle different personality types and with ideas of how to build on traditional brainstorming techniques.

“Good way of getting teams to identify problems and solutions.”

Chris Reynolds

“Very beneficial in analysing & identifying opportunities for improvement in working relationships.”

Clayre Levitt

“Helps you to focus on the important underlying issues.”

Dal Singh



The media in all its forms is a powerful force, but there are dangers and for the unprepared, what at first seemed to be a straightforward interview, can turn into a traumatic event with potentially serious consequences. This workshop teaches delegates how to prepare, so the interview is seen as concise, transparent and the message professionally articulated.

Format: Workshop Style

Numbers: 6 - 24

Duration: 1 day



70% - Effective communication

10% - Improving Partnerships

20% - Building and
Maintaining Trust

Who will it benefit?

Healthcare Professionals that wish to use the Media but want to avoid the pitfalls of being mis-quoted or dominated by a journalist.

How will it help the delegate?

For those that are required to speak with the media to raise the profile of an area of research, defend a difficult decision, or explain changes that are being made at their Hospital Trust, this workshop will equip delegates with the skills to speak with the media with clarity and confidence.

What does the workshop cover?

Benefitting from an Inspire Change facilitator and an ex-BBC journalist, the workshop will put delegates through their paces with real life scenarios, which force them to think on their feet but learn how to respond with clarity, accuracy and credibility.

Learning Outcomes

Delegates will learn practical techniques, allowing them to take control of an interview to ensure that they are giving themselves the opportunity to put across what they feel people have a right to know.

“An interactive, practical, hands on session which is highly enjoyable.”

David Sarker

“Fun, useful, supportive learning from others, excellent practical experience.”

Alison Calver

“Superb. Major insight into media skills. Excellent tips on pitfalls and implications of comments.”

Jaydeep Sarma



It seems that Agile is everywhere. Everyone talks about it. Organisations want to “be” it. But what does Agile really mean? This workshop explores how a collaborative approach to changing circumstances allows organisations to be more adaptive to customer and market needs.

Rather than planning lengthy interventions only to find the world changing around you, Agile encourages teams to develop ideas as they go. The emphasis is on collaboration, communication and a shared commitment to achieving a goal.

Format: Workshop Style
Numbers: 15 - 20
Duration: 1 day



- 45% - Improving Performance
- 35% - Effective Teamwork
- 20% - Effective Communication

Who will it benefit?

Organisations that want to understand what Agile is really all about and how to develop a more agile approach to working.

How will it help the delegate?

We'll spend time breaking down the myths and then building an effective solution that works for individuals and the organisation. We'll look at what it means to be a leader in an Agile organisation. We'll discuss how to make the changes necessary and take others with us.

What does the workshop cover?

- **What is Agile?**
A simple-to-understand framework designed to explain the concept
- **What does it mean for our team?**
With a good understanding of the concept we can think about how we want to be
- **What do leaders in Agile organisations do?**
Agile is a new approach to working. Leaders have a different role to play
- **How can we make it work for us?**
A practical session to develop an implementation plan

Learning Outcomes

Individuals work together to develop new ways of working.
Teams recognise the importance of greater flexibility in driving change.



Mental Health Aware

Mental Health First Aid England's Course

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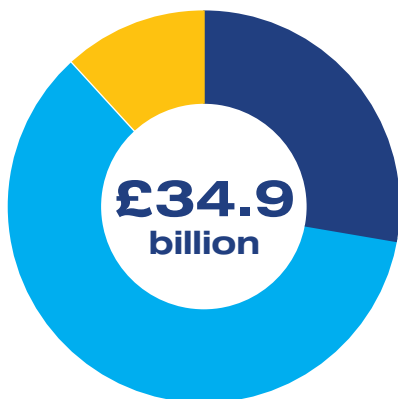
Everyone has mental health. Mental health issues are common, with 61% of UK employees experiencing a mental health issue due to work or where work was a contributing factor.* But it is rarely talked about. This workshop will help delegates get a better understanding of what mental health is, and why it is important to tackle the stigma that surrounds mental ill health.

Format: Workshop Style
Numbers: 6 - 25
Duration: Half day

*Business in the Community, 2018:
Mental Health at Work summary report



Cut the costs of mental ill health



- £10.6bn - Sickiness Absence
- £21.2bn - Reduced Productivity
- £3.1bn - Staff Turnover

Centre for Mental Health, 2017:
Mental Health at work: The business costs ten years on


Who will it benefit?

Everyone! Taking part will provide a basic knowledge of some common mental health issues, raise awareness and reduce the stigma around mental ill health. We also explore with delegates how to look after their own mental health, and techniques to begin a conversation with someone about their mental health.

How will it help the delegate?

This workshop is designed to help delegates gain a better understanding of what mental health is and how to challenge stigma. It will also give delegates a basic knowledge of some common mental health issues and confidence to offer support to someone who may be experiencing a mental health issue. The course is supported by an easy to understand delegate manual and practical workbook produced by Mental Health First Aid ('MHFA') England, to reinforce and maintain the delegate's learning after the classroom session is completed.

What does the workshop cover?

 The workshop will be facilitated by an accredited Instructor member approved by MHFA England, who has attended their instructor training programme on Mental Health First Aid. The workshop offers an introduction to mental health and mental health issues. It will explore common mental health issues and encourage open conversations about mental health. Our accredited Instructors are trained to keep people safe and supported while they learn.

Learning Outcomes

Delegates will gain an understanding of what mental health is and how to challenge stigma. They will have a basic knowledge of some common mental health issues to begin a conversation with a colleague who may be experiencing mental ill health. They will also receive a certificate of attendance to say they are Mental Health Aware.

"Supporting mental health in the workplace is not just a corporate responsibility; staff who have positive mental health are more productive and businesses who promote a progressive approach to mental health can see a significant impact on business performance, so it's about good business too."

Dr Justin Varney
National Lead for Adult Health and Wellbeing, Public Health England



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5 The Old Yard
Lodge Farm Business Centre
Castlethorpe
Milton Keynes
MK19 7ES

01908 511 572
contact@inspirechange.com
www.inspirechange.com



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