



Wellbeing Matters

A CPD Accredited Learning & Development Program for transforming wellbeing for Cancer and Diagnostic Professionals and their Teams

Program Information



Coventry and Warwickshire
Integrated Care System



Integrated Care System
Shropshire, Telford and Wrekin



Staffordshire and Stoke-on-Trent
Integrated Care System



LLR Academy
#MoreGoodDays

Herefordshire and Worcestershire
Integrated Care System



Lincolnshire
Integrated Care Board



Birmingham and Solihull

Introduction



Wellbeing Matters is a program for healthcare professionals and teams. This is an experiential learning space, designed to increase self-awareness which supports our capacity to create meaningful and effective action to support wellbeing – both our own and others.

Drawing on models and practices rooted in narrative methodology and creating protected time to focus, we create a safe space for listening, reflection and learning through peer practice and new thinking.

WHAT TO EXPECT

- Be heard and acknowledged
- Interactive sessions
- A safe and confidential environment
- Learning through practice
- Peer to peer discussion
- Practice Partnerships
- Remote, online sessions on MS Teams
- Mixed cohorts from over 20 Trusts across the Midlands

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The CPD Certification
Service
Collective Mark

Experience

Here are some of the things participants have said about the program:

It has made me more aware of how **my wellbeing is as important if not more important than the people I support.**

You can't pour from an empty cup

I will be using the 'pause' more often. I am quite a reactive person and **there is nothing wrong with taking a pause**, before responding to a situation

This program has helped me to understand myself better - show self compassion to recognise others concerns **I was surprised by how positive an impact my practice partnership had, and just what a difference it made to me.**

The understanding and sharing from others has enabled me to pause and consider others feelings

SESSION CONTENT



SESSION 1: CO-CREATING CONTEXT

Building a foundation of relatedness

Getting connected, listening, creating hopes for the program, meeting practice partners and introducing the narrative way.



SESSION 2: BEING HUMAN, NEW POSSIBILITIES

Introducing a fundamental model

Here, we begin to bring awareness to how we can create new possibilities for our wellbeing.



SESSION 3: REFRAMING VULNERABILITY

Exploring our stories of vulnerability

We start to bring awareness to how our stories are created and influenced and look at what is possible going forward.



SESSION 4: THE PRACTICE OF SELF COMPASSION

Learning the practice of self compassion

Developing on from the program so far, we look at the possibilities and space created through practices of self-compassion.



SESSION 5: SUPPORTING YOURSELF AND OTHERS

Reflecting and taking the practice beyond the program

Together we review the program, highlight key learning and identify ways to keep the practices alive, for yourselves and your teams.

PEOPLE CENTERED

Relationships are foundational to the learning on this program. From the moment of your enrolment, we want you to be engaged with the program through conversation with us and your fellow participants.



WELCOME CALL

Enrolment on program via 1-to-1 phone call. An opportunity to be heard and have any questions answered



PRACTICE PARTNERSHIPS

Put learning into practice with weekly meetings with your practice partners from outside your team



INTERACTIVE SESSIONS

During the sessions we invite people to contribute to the conversation, and use break out rooms for peer to peer discussion



WHATSAPP

With expert input from us, your cohort's group chat creates a thread of relatedness throughout the program

OUR METHOD

Our approach to learning and development, dedicated to healthcare professionals and teams, is based upon **experiential learning**, learning through doing and reflecting. We believe in the possibility of open conversations that create insight and lead to new thinking and new outcomes.

WE CREATE A CONTEXT AND ENVIRONMENT FOR PRACTICING:

- curiosity and enquiry
- exploration of new possibilities
- treating nothing as fixed and static
 - noticing what emerges
 - questioning assumptions
- challenging old habits of thinking, seeing and listening
 - dwelling with a question
- enquiring into the source of our beliefs, values, and attitudes



WE INVITE YOU TO:

- Connect with your peers
- Be generous in your sharing
- Be curious and open
- Develop a reflective practice

TIME COMMITMENT



WELCOME CALL

20 - 30 minutes

We invite you to schedule a welcome call in advance of the program start, to have a conversation with one of our team about the program and have any questions answered.



INTERACTIVE SESSIONS

5 x 1.5hr (90 minute) on MS Teams

We will meet every two weeks for an interactive program session where we will provide new learning opportunities and discussions. The total time of these is 7.5 hours over 10 weeks.

PRACTICES AND REFLECTIONS

Ongoing

We invite you to apply your practices to your personal and professional life throughout the program and beyond.



PRACTICE PARTNERSHIP

4 x 30 minute meetings during the course of the program

Between each program session, when convenient for you, you will meet with your partner(s) to share your reflections and experiences of the practices, ahead of the next session where we will check in. We recommend at least 30 minutes.

CPD CERTIFICATE REQUIREMENTS

This is a Learning and Development program about wellbeing, applying tools and practices to support your personal and professional development.

YOU WILL RECEIVE A CPD CERTIFICATE UPON COMPLETION SO LONG AS YOU MEET THE FOLLOWING REQUIREMENTS

ATTEND
4 OF 5
SESSIONS

attend session 1 and at least
4 of 5 of the sessions

CATCH UP
ON MISSED
SESSIONS

Catch up with your practice
partnership and the session booklet

We expect you to complete the light assignments and practices throughout, whenever it works for you. There are no formal written assessments, and we do not test you.

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**The more you engage with
the program, the more
you'll get from it and we will
support you all the way**

talent
for care

LAUNCHING MID-JULY 2023

Cohorts launched monthly, from July 2023; plenty of spaces available for all Cancer and Diagnostic colleagues from seven systems in the Midlands, on a first come first served basis.



SIGN UP

IF YOU'D LIKE TO PARTICIPATE IN THIS PROGRAM,

1. Have a discussion with your line manager
2. Use the expression of interest links attached to the cohort dates
3. Contact Mariam at mariam.khalifa2@nhs.net for any other queries