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PLEASE NOTE THAT COMPLETION OF AN ESTUDY FORM DOES NOT BOOK YOU ONTO ANY OF THESE COURSES, YOU MUST APPLY FOR A PLACE FOLLOWING THE PROCESSES ADVISED ON EACH PROGRAMME

❖ Pre-Retirement Seminar

Trainer: Oak Tree Financial Training

Do you want to maximise your income in retirement?

Do you want to protect your assets to pass on to your loved ones?

Together with Oak Tree Financial Training we have arranged a course which guides you through the financial complexities of retirement in a clear and jargon-free presentation.

Please note that this course is designed to give a broad-spectrum idea on planning ahead for the future.

If you only require specific information on the pension you will receive then this is not the course for you, please contact Payroll for further advice (TrustNet link: <http://trustnet.xrwh.nhs.uk/departments-services/e/employee-services/>)



Cohort 1 2022	Wednesday 26 th January 2022	09:30 – 12:00	Webinar MS Teams
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How to apply:

Step 1. Email the **below information** to Corporate Learning Services - rwh-tr.corporatelearningservices@nhs.net (as long as you have your manager's approval to apply)

Programme Name:	Pre-Retirement Seminar
Date:	Wednesday 26 th January 2022
Your name	
Job title	
Department	
Assignment number	
Your email address	
Phone number/ext	
Line manager name	
Line manager's email address	

Step 2. **Only upon receipt of a formal confirmation email of a place on the course you have applied for** should you then complete an e-study application – (As per Trust policy)
E-study leave request form link > <http://apps.xrwh.nhs.uk/eStudyLeaveForm/>

❖ **Bend but try not to break- coping better with stress online learning**



This course is aimed at all RWT staff.

- Understand the context of stress in healthcare and turn it to your advantage
- Learn a range of techniques for coping with stress in your healthcare setting
- Use what you learn in a clinical situation to benefit your patients.

Please be aware that the E-Learning module will take around an hour to fully complete and can be found on **My Academy**

The e-learning can be completed as a standalone course but please ensure you have your manager's permission before completing the package.

As per Trust policy, you will be required to complete an E-study leave request form:

<http://apps.xrwh.nhs.uk/eStudyLeaveForm/>

❖ **Learning to bounce back: Building Practical Resilience Skills -
AWAITING CONFIRMATION OF FURTHER DATES**



Trainer: Helen Davenport

This has been a very demanding year for us all.

If you have found yourself struggling to remain positive and taking longer to bounce back from challenges, then this programme could be for you.

Developed to help you reflect at what demands and problems you face and how they affect your ability to bounce back.

This webinar programme will give you practical tips on how to build your resilience and manage your challenges before they manage you!

A three-hour classroom session giving chance for discussion and lots of practical tips and exercises to help to build resilience. The chance to learn from your colleagues and share experiences.

You do not have to attend our programme 'Developing Resilience & Wellbeing' in order to apply for this programme. For further information regarding course content contact: Helen.davenport2@nhs.net

AWAITING CONFIRMATION OF FURTHER DATES

❖ **The Drama Dilemma - VIRTUAL delivery AWAITING CONFIRMATION OF FURTHER DATES**

(previously known as Leading Out of Drama)



Trainer: Helen Davenport

This is a programme aimed at increasing self-awareness and focusing on the key topic that drains energy out of all of us at work – **negative drama & conflict!**

Drama is what happens when people struggle against themselves or others to feel justified about the things they do to gain negative attention, with or without awareness.

If you want to:

- Learn how to recognise drama & distress patterns in others – and how to deal with them
- Learn how to connect with people for positive outcomes
- Unlock new energy and new possibilities for engaging conflict in healthy ways.

Then this is the course for you.

This programme will enhance and complement the self-awareness skills covered on our PCM & MLD programmes. **The Drama Dilemma equips you with skills to transform conflict into contribution. Don't shy away from conflict; use it!**

Please note that in order to attend this programme you will be required to complete a profile. Information on how to do this will be sent to you once you have successfully secured a place on the course. The profile is an essential requirement for this course therefore any delegates who book and proceed to attend without completing a profile will be turned away and asked to re-book.

Dates:

AWAITING CONFIRMATION OF FURTHER DATES

If you would like further advice **about course content** before booking onto this course, please contact Helen Davenport (helen.davenport2@nhs.net).