



for Practice, PCN Managers and their teams



FREE SESSIONS

Two training sessions have been developed to support Practice, Primary Care Network (PCN) Managers and their teams. This training will equip managers and their teams with the tools, resources and knowledge to become effective leaders and to develop strong resilience to thrive in their roles.



Transition to Leadership

This session aims to highlight the challenges of leadership in the context of primary care to help new or aspiring leaders on their journeys.

 90 mins

[Book a session](#)

During the session you will:

- Develop awareness and explore your own leadership behaviours using the Healthcare Leadership Model.
- Discover what makes an impactful manager through reviewing the concept of a Management Point of View.
- Explore the principles of Situational Leadership learning.

Is this session for me?

If you are new to a leadership role, or an aspiring leader, this session is for you.

Dates

Thursday 9 February - 10am - 11.30am
Tuesday 21 February - 12pm - 1.30pm
Wednesday 1 March - 2pm - 3.30pm
Thursday 9 March - 10am - 11.30am
Tuesday 14 March - 2pm - 3.30pm
Wednesday 22 March - 10am - 11.30am
Thursday 30 March - 12pm - 1.30pm



Recharge and Recover

Resilience is the ability to bounce back and thrive, rather than merely survive - and resilience is a skill that can be learnt. This session will ensure you have the right skills to look after your wellbeing.

 120 mins

[Book a session](#)

During the session you will:

- Discover the importance of looking after yourself and the cost of not doing this.
- Map your own recharge and recovery profile and use this within a scenario exercise.
- See your own essential "healthy habits" and have a personalised improvement plan.

Is this session for me?

If you are experiencing difficulties in your personal and work life, but want to change for the better, this session is for you.

Dates

Wednesday 22 February - 11.30am - 1.30pm
Thursday 23 February - 2pm - 4pm
Tuesday 28 February - 2pm - 4pm
Wednesday 15 March - 10am - 12pm
Thursday 23 March - 12pm - 2pm
Tuesday 28 March - 2pm - 4pm

