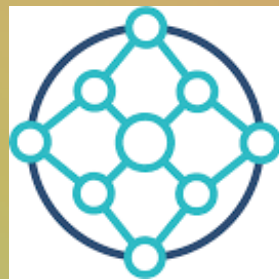


NON-CLINICAL
LUNCH & LEARN
SESSIONS FOR
GENERAL
PRACTICE
NURSES
2024



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The following sessions are just 60 minute in length and are delivered virtually via MS Teams

They have been scheduled over lunch so please feel free to eat and drink whilst attending

They are fully interactive and provide tools and techniques for effective implementation

A certificate of attendance is provided at the end of the session which can be used towards CPD and revalidation.



TOPICS

Building self resilience and team resilience

Problem Solving, root cause analysis & decision making

How to have a challenging conversation

The art of delegation

Stepping into a management position

How to empower your team

Self-development

Teamworking principles & building a cohesive team

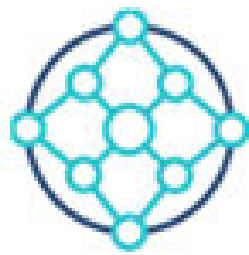
Conflict resolution & de-escalation

How to perform an effective Appraisal

Perfecting interview techniques and getting the most out of recruitment

Quality improvement and change management





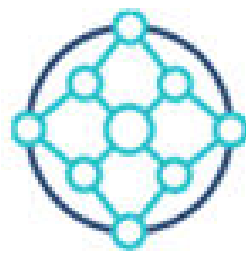
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BUILDING SELF RESILIENCE & TEAM RESILIENCE

This one hour session provides practical tools and techniques to boost personal resilience and also team resilience to cope with work and life pressures

[Click here to book](#)





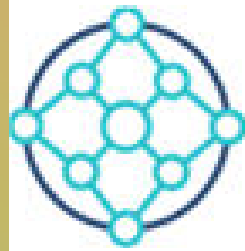
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PROBLEM SOLVING, ROOT CAUSE ANALYSIS AND DECISION MAKING

This one hour session explores problem solving, root cause analysis and decision making tools and to identify effective solutions

[Click here to book](#)





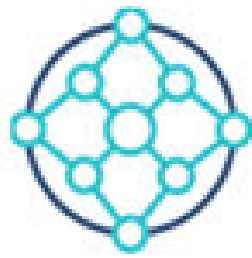
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HOW TO HAVE A CHALLENGING CONVERSATION

This one hour session provides the tools to tackle those challenging conversations effectively and removes the fear and reluctance

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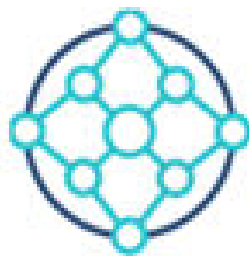
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THE ART OF DELEGATION

This one hour session explores different management styles and provides the necessary tools to delegate effectively

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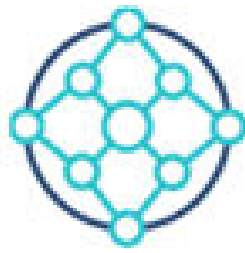
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STEPPING INTO A MANAGEMENT POSITION

This one hour session explores the challenges when stepping into a management position for the first time and looks at the principles and strategies of effective management

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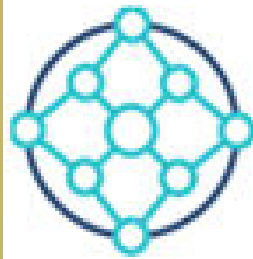
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HOW TO EMPOWER YOUR TEAM

This one hour session explores the principles of coaching techniques to develop your team to problem solve and self direct

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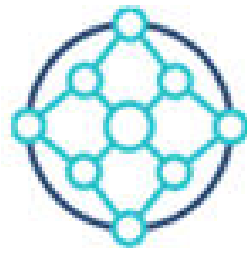
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SELF DEVELOPMENT

This one hour session explores techniques for self development including identifying personality traits, strengths and development needs

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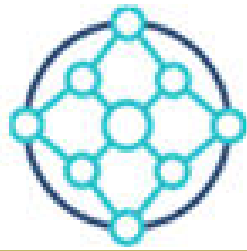
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TEAMWORKING PRINCIPLES AND BUILDING A COHESIVE TEAM

This one hour session explores the qualities of successful teams, identifies the traits of dysfunctional teams and develops strategies to build a highly functioning cohesive team

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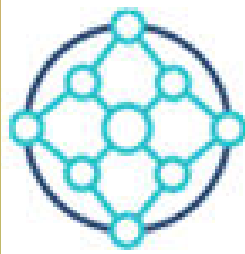
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CONFLICT RESOLUTION AND DE-ESCALATION

This one hour session provides tools and techniques to de-escalate a situation and resolve conflict

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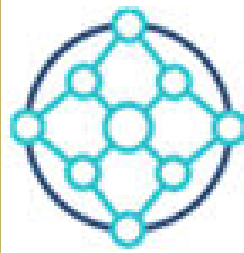
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HOW TO PERFORM AN EFFECTIVE APPRAISAL

This one hour session explores appraisal techniques from identifying the framework to be reviewed to the logistics of achieving a motivating and effective appraisal

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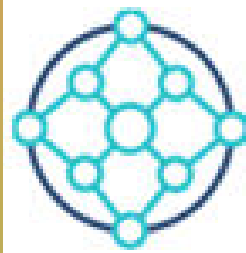
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PERFECTING INTERVIEW TECHNIQUES AND GETTING THE MOST OUT OF RECRUITMENT

This one hour session explores the most effective ways to recruit and develops interviewing skills and techniques to maximise the success of recruitment.

[Click here to book](#)





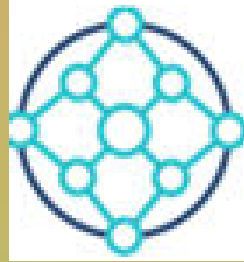
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QUALITY IMPROVEMENT AND CHANGE MANAGEMENT

This one hour session explores quality improvement methods and techniques including PDSA cycles and change management theories and strategies

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What equipment do I need?

MS Teams access plus a microphone and camera

