

'Survive and Thrive' Wellbeing Sample Programme

1	Welcome and Introduction
2	Asking for Help
3	Know Thyself
	BREAK
4	Positive Psychology
	LUNCH (45 minutes)
5	Practical Strategies (Dr Rowan Diamond, Lisa Palmer OCTC)
	2 Screen Breaks during the afternoon
6	Practical Strategies (Dr Rowan Diamond, Lisa Palmer OCTC)
7	Closing remarks

Morning session: Know thyself and what can trigger stress

Introduction and Welcome

Asking for Help:

Group Activity- why/when/permission to ask for help; Signposting to available curated resources

Know Thyself:

Using the Myers Briggs Framework to understand personal preferences and how these relate to your work environment. Exploring positive psychological principles to identify possible strategies to improve well-being.

- Myers Briggs Type Indicator (MBTI) An introduction
- Positive psychology - how knowing your strengths can improve your mindset.

Vulnerability as Strength:

A facilitated group discussion exploring this concept in relation to professional role identity

Afternoon Session:

How to survive and thrive using CBT principles and techniques in a challenging environment - Oxford Cognitive Therapy Centre

Experiential workshop introducing participants to ways of understanding themselves using a CBT model. The workshop will aim to give experiences of learning to recognise and work differently with unhelpful ways of thinking and coping in challenging situations.