

# PROFESSIONAL SUPPORT AND WELLBEING SERVICE

Thames Valley

Effective Revision Skills

21<sup>st</sup> January 2022, 9.00-11.00

Having Difficult Conversations

18<sup>th</sup> February 2022, 10.00-12.00

Time Management

17<sup>th</sup> March 2022, 9.00-11.00

## CONTACT

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WEBSITE:

[Professional Support &  
Wellbeing Service - Working  
across Thames Valley  
\(\[hee.nhs.uk\]\(https://thamesvalley.hee.nhs.uk\)\)](https://thamesvalley.hee.nhs.uk/resources-information/professional-support-wellbeing/events/)

EMAIL:

[psw.tv@hee.nhs.uk](mailto:psw.tv@hee.nhs.uk)

## \*New Workshop Programme Launch\*

The Professional Support and Wellbeing Service is pleased to be launching a new programme of virtual workshops for Thames Valley trainees.

These Workshops use a coaching approach to explore a wide range of different issues facing trainees. Small group discussions with other trainees will be facilitated by one of our experienced coaches to help you extend your thinking, explore new ideas and take away a clear intention to move forwards in a positive manner.

### Workshops

**Effective Revision Skills** Aim: To explore different aspects of revision strategy for written exams to allow participants to make informed decisions around building effective revision plans in the context of their busy lives.

**Having Difficult Conversations** Aim: To explore experiences and different approaches to having difficult conversations in the workplace.

**Time Management** Aim: To reflect and analyse the reasons for challenges around time management before considering the possible solutions that would work for each individual.

### How to register?

Registration is through our website, on the events page, where you will find the up to date list of workshops and dates.

<https://thamesvalley.hee.nhs.uk/resources-information/professional-support-wellbeing/events/>

*Please note, the number of coaches invited to facilitate the workshop will be adjusted based on registration numbers. This is to allow for small group work to take place effectively. Please do not register if you are not certain you will be able to attend. If circumstances change and you are no longer able to attend, please let us know as soon as possible.*

