

# PROFESSIONAL SUPPORT AND WELLBEING SERVICE

## Thames Valley

Conflict Management  
21<sup>st</sup> July 2022 9.00-11.00

Effective Time Management  
27<sup>th</sup> July 2022 9.00-11.00

Looking Confident, Feeling  
Confident  
10<sup>th</sup> August 2022 9.00-11.00

Supporting your own Well-  
being  
8<sup>th</sup> September 2022 9.00-11.00

Supporting your Colleagues'  
Well-being  
14<sup>th</sup> September 2022 9.00-11.00

Assertive Communication  
28<sup>th</sup> September 2022 9.00-11.00

## CONTACT

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WEBSITE:  
[Professional Support &  
Wellbeing Service - Working  
across Thames Valley  
\(hee.nhs.uk\)](https://professional-support-wellbeing-service-working-across-thames-valley.hee.nhs.uk)  
EMAIL:  
[psw.tv@hee.nhs.uk](mailto:psw.tv@hee.nhs.uk)

## \*PSWS Workshops\*

The Professional Support and Wellbeing Service is pleased to be continuing a programme of interactive group workshops on a range of topics as suggested by trainees:

### 'New' Conflict Management 21/7/22 9.00-11.00

This workshop will initially take a diagnostic approach to consider some of the underlying causes of conflict and then explore some approaches to dealing with it when it arises in a constructive, proactive manner that can diffuse and deescalate the situation.

### 'Repeat' Effective Time Management 27/7/22 9.00-11.00

This workshop aims to encourage you to reflect and analyse the reasons for challenges around time management before considering the possible solutions that would work for each individual.

### 'Repeat' Looking Confident Feeling Confident 10/8/22 9.00-11.00

This workshop will explore the challenges of imposter syndrome and assertiveness within a framework of internal and external confidence. A self-compassionate approach will be taken to reflect on feelings of imposter syndrome and feeling confident internally with exploration of what confidence looks like externally.

### 'New' Supporting your own Well-being 8/9/22 9.00-11.00

A workshop focusing on a range of small practical strategies that can improve well-being. A marginal gains approach with a selection of ideas to support the development of personal health and thriving.

### 'New' Supporting your Colleagues' Well-being 14/9/22 9.00-11.00

This workshop is an exploration of what to look out for in colleagues, how this might differ from one person to the next and how you might approach a conversation with a colleague if you are concerned.

### 'New' Assertive Communication 28/9/22 9.00-11.00

Communicating your own ideas in a clear, constructive manner can be challenging, especially in contexts where people are concerned about being viewed as pushy or where assertiveness could be viewed as initiating conflict. This workshop will explore assertive communication in both informal, day to day situation and more formal, presentation situations.

## 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/>

