

PSWS Workshops



PROFESSIONAL SUPPORT AND
WELLBEING SERVICE

T h a m e s V a l l e y

- The Dynamics of Teamwork Thursday 2nd February 2023 9-11
- Managing Change Monday 6th February 2023 9-11
- Post CCT Interviews Prep Wednesday 8th February 2023 10-12
- Post CCT Interviews Practice Wednesday 15th February 2023 10-11
- Developing Assertiveness Wednesday 22nd February 2023 9-11
- Effective Revision Strategies Wednesday 8th March 2023 9-11
- Time Management Wednesday 15th March 2023 9-11

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/>

CONTACT

WEBSITE:

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

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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:

The dynamics of teamwork – Thursday 2nd February 2023 9-11

This workshop provides the opportunity to reflect on the different ways that teams interact and the components of successful team interactions.

Managing change – Monday 6th February 2023 9-11

This workshop will consider the challenges and opportunities for those managing change within the NHS. This is an opportunity to explore our own experiences of change as well as reflecting on some key ideas around successful change management.

Post CCT Interviews Workshop – 8th February 2023 10-12

This interactive workshop will explore the knowledge and skills needed for success at interview for consultant posts or Post CCT Fellowships. It will consider the wider picture and future direction of the NHS, effective interview preparation, interview technique and opportunity for practice.

Post CCT interviews follow up interview practice – 15th February 2023 10-11

This workshop is for those who attend the workshop on Wednesday 8th February and would like some further interview questions practice.

Developing Assertiveness – Wednesday 22nd February 2023 9-11

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 the challenges of assertive communication and some strategies to be more assertive in both informal, day to day situation and more formal, presentation situations.

Effective Revision Strategies – Wednesday 8th March 2023 9-11

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.

Time Management – Wednesday 15th March 2023 9-11

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