



PROFESSIONAL SUPPORT AND
WELLBEING SERVICE

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

- Post CCT interviews – Wednesday 23rd August 2023 9-11
- Follow up practice (Post CCT interviews)- Tuesday 29th August 2023 9.00-10.00
- Assertive communication- Wednesday 30th August 2023 9.00-11.00
- Effective time management- Friday 1st September 2023 9.00-11.00
- Effective revision- Thursday 7th September 9.00-11.00
- Communication and culture-Thursday 14th September 2023 9.00-11.00
- The dynamics of teamwork- Thursday 21st September 2023 9.00-11.00
- Coping with change *new* Wednesday 27th September 2023 9.00-11.00
- Difficult conversations - 29th September 2023 9.00-11.00

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:

Post CCT interviews – Wednesday 23rd August 2023 9.00-11.00

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 and interview technique.

Registration Link- <https://forms.microsoft.com/e/F7tPYuAPPS>

Follow up practice (Post CCT interviews)- Tuesday 29th August 2023 9.00-10.00

A follow up workshop to the Post CCT Interviews workshop offering an opportunity to practice those things learned from the workshop.

Registration Link – <https://forms.microsoft.com/e/8gn8SQqxwE>

Assertive communication- Wednesday 30th August 2023 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.

Registration Link - <https://forms.office.com/e/FnD6rwkH9A>

Effective time management- Friday 1st September 2023 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.

Registration Link - <https://forms.office.com/e/K9YnGES918>

Effective revision- Thursday 7th September 9.00-11.00

This workshop is an opportunity to explore different aspects of revision strategy for written exams. Learning about learning in order to allow participants to make informed decisions around building effective and efficient revision plans in the context of their busy lives.

Registration Link - <https://forms.office.com/e/Tdz3jSnqti>

'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/)

EMAIL:

psw.tv@hee.nhs.uk

Communication and culture- Thursday 14th September 2023 9.00-11.00

This workshop will examine the differences in the way we communicate and consider the judgements that we might form of others, and that others might form of us. Through discussion, we will explore what, if any, practical adjustments participants might make in the way they communicate or think about communication

Registration Link - <https://forms.microsoft.com/e/CkpiKxShER>

The dynamics of teamwork- Thursday 21st September 2023 9.00-11.00

This workshop will explore the different roles people assume in team situations, examine the way team culture develops and consider the implications of 'teaming', the quick formation and dissolution of teams that happens daily. We will also explore how conflict arises and reflect on how this can be avoided or mediated.

Registration Link - <https://forms.microsoft.com/e/L0129KF2DQ>

Coping with change *new* Wednesday 27th September 2023 9.00-11.00

Change is a constant element of working in the NHS and we all have individual responses to changes and preferences for the way it is managed. This workshop will explore these preferences and consider some practical mechanisms to help refocus at an emotional and cognitive level to build resilience to change.

Registration Link - <https://forms.microsoft.com/e/E5g9apiUaM>

Difficult conversations - 29th September 2023 9.00-11.00

This workshop explores experiences and different approaches to having difficult conversations in the workplace with an aim to reframe how we approach the word 'difficult' in a different way.

Registration Link - <https://forms.microsoft.com/e/hHWMW9SKM0>