

# Can you outsmart stress? For Clinical Leaders and Managers

A mental resilience course for Leaders/ Managers, aimed at optimising well-being in their staff

## Introduction

Skillful self-management at times of stress is one of the best predictors of success. In this dynamic programme we learn how to recognise mental health challenges in ourselves and others, and how to build on strengths, values and deepen engagement. By skilling up on supporting mental health we build greater satisfaction, resilience and effectiveness, benefiting both the individual clinician, their team and patients.

## Course structure

- One day Workshop made up of 6 modules

### Modules 1- 6

- **Module 1 - Using Strengths to Deepen your Wellbeing**  
The energising effect of a strength-based approach  
Identifying and building your strengths and those of others  
Cultivating the wellbeing strengths (Gratitude, Forgiveness and Optimism)
- **Module 2 - Mindfulness and Values-Based Action**  
Introduction to mindfulness  
Clarifying your values  
Values based action planning
- **Module 3 - Developing emotional intelligence**  
Increasing self awareness  
Managing stress with resilience  
The intelligent use of emotions for optimal performance
- **Module 4- Mindfulness and Internal Barriers**  
Untangling from internal barriers  
Mindfulness practice  
Taking effective action
- **Module 5 - Communicating for Wellbeing**  
Purposeful communication  
Communicating with empathy  
The power of Appreciative Inquiry
- **Module 6 - Leading for Wellbeing**  
Being present as a leader  
Fostering authentic connections  
Knowing your boundaries and when to refer to others

Dr. Jennifer Napier is a practising GP, coach, facilitator and organisational consultant working through her company Contextualyse Ltd. She has a passion for helping people and organisations achieve optimal health and wellbeing. She grounds her work in a robust empirical base, and is immersed in the powerful approach of ACT (acceptance and commitment therapy), which combines mindfulness with values-based living. She also draws on positive psychology, emotional intelligence and non-violent communication. She uses her coaching skills one-to-one to develop flourishing, effective leaders, and systemically to improve team and organisational dynamics. She is well regarded as an inspiring facilitator and trainer. She has extensive training which includes academic research on workplace wellbeing, CBT, a Masters in Psychotherapy, and a Masters in Consulting and Leading in Organisations, and an ILM5 coaching qualification

To book or enquire about this programme please contact Miad Healthcare

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