

Can you outsmart stress? - For Clinicians

An integrated wellbeing programme benefiting clinicians, designed to improve mental wellbeing, and stave off anxiety and burnout

Introduction

Wellbeing is more than an avoidance of becoming physically sick. It includes physical, mental and social health. Skilful self-management at times of stress is one of the best predictors of success. In this programme we use mindfulness skills to build on strengths and values, leading to greater satisfaction, resilience and effectiveness.

Course structure

- Three sessions - One full day and two half days, over 3 dates. Delegates will be encouraged to practice skills learnt between each workshop.

Modules 1- 3

- **Module 1 - Introduction to Mindfulness and Values-Based**

Action skills

The happiness trap

The stories, urges and moods our mind serves up

Acceptance –an alternative to struggling

Introduction to mindfulness

Introduction to values-based action

- **Module 2 - Untangling from Internal Barriers**

Increasing self-awareness

Untangling from thought barriers to valued action

Untangling from moods and urges

- **Module 3 - Consolidating Mindfulness and Values-Based Action**

Skills

Assessing value-consistency

Values-based goal and action-planning

How to keep creating a valuable life

Workshop objectives

- Recognise stress as a constant, sometimes necessary constituent of the workplace
- Spot mental health challenges in oneself and others and feel empowered to address them
- Demystify mental health
Develop emotionally intelligent strategies to nurture mental resilience
- Implement strategies to improve wellbeing and effectiveness

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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