



Connecting as a Remote Team

CARE – for ourselves and for others

Learning and discussion – 2.5 hour interactive webinar session

- Revisit where we are as a Department/Team in connecting and supporting our colleagues during challenging times
- Leading and being part of a team during prolonged periods of absence – what strategies can be put into place?
- Understand our emotional responses - key components of Emotional Intelligence including the 'feelings grid'
- Strategies to handle pressure and stress in the moment and revisiting empathy with others during uncertain times

Timings	<ul style="list-style-type: none"> • Aims and Objectives • Introductions
	<p>Connecting with each other (within teams and within department)</p> <ul style="list-style-type: none"> • -what strategies do we currently have in place? Is there enough support? • - expectations of team leaders/ expectations from team members? • - what strategies can we/should we adopt? • - returning after the crisis
	<p>Ambiguity and Self Management</p> <ul style="list-style-type: none"> • Attitude versus Skill • Managing ourselves: Emotional intelligence Grid -recognising the signs of reduced well being • Directing the mental camera – moving the focus of the mental camera from negative to positive
	<p>Responsiveness</p> <ul style="list-style-type: none"> • E+R=0 – Emotional responses: review of our conditioned responses over every activities during this uncertain period • Recognising the importance of Response – ability. Taking back control of the emotions
	<p>Empathy</p> <ul style="list-style-type: none"> • Seek first to understand and then by understood • Understanding choices that need to be made to improve overall wellbeing within your team
	<ul style="list-style-type: none"> • Review and what next

To book or enquire about this programme please contact us

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