



Continuing Professional Development

Transforming Stress: A mindful approach to developing compassionate resilience

Date

4th August 2017

Time

10.00am start

Duration

3 hours

Venue

NHS Castle Point and Rochford Clinical
Commissioning Group
Pearl House,
12 Castle Road,
Rayleigh
SS6 7QF

About the workshop

This half day workshop for nurses and HCA's will be facilitated by lecturer Ann Pettit, who is an experienced health visitor.

Who should attend?

This workshop is open to nurses and health care assistants from NHS Castle Point and Rochford CCG, and NHS Southend CCG.

Apply

Please email louise.jenkins@anglia.ac.uk to book a place.

Outline content

Compassionate Resilience is a process through which you can, with experience, learn to cope positively with stressful experiences. It is a skill which can support you to manage difficulties, bounce back and even thrive from adversity. It can be planned for, developed and practiced. Our workshop is based on a Resilience Framework, developed to support and retain resilient, compassionate healthcare practitioners, with a view to improving outcomes and experiences for practitioners and patients. You'll develop an understanding of resilience and skills in transforming stress, including compassion and an introduction to mindfulness.

You'll learn about:

- The brain and body's response to stress
- How stress affects you
- Regulating your emotions
- Responding compassionately to stress
- Developing mindfulness

Further information

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