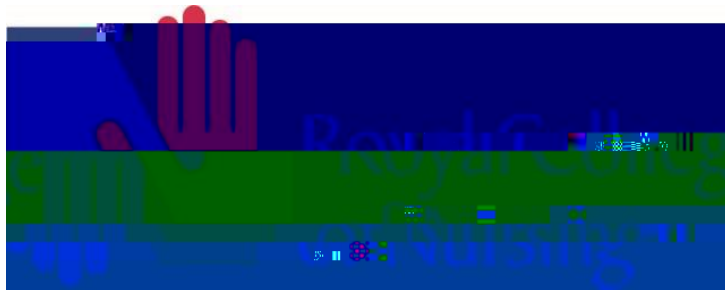


RCN Management and Leadership Forum
Fringe Event Sunday 14th May 2017



Steering Committee Presenters & Facilitators

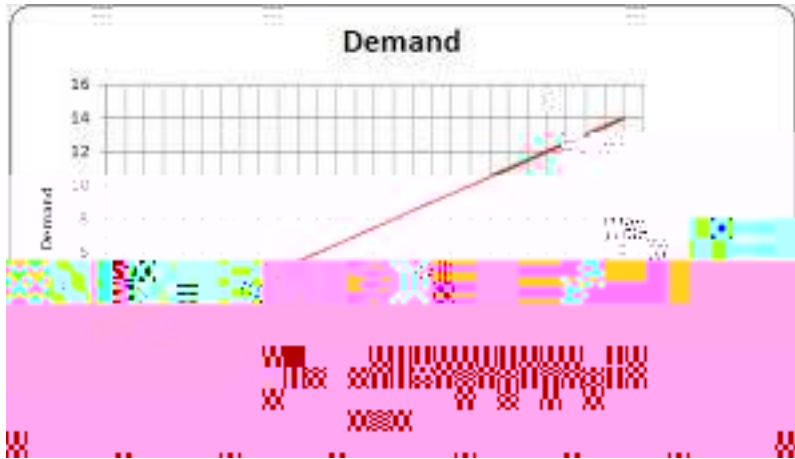
Sally Bassett
Lesley Doherty
Christopher Butler
Lindsey Scott
Vinicie Thomas

F

- Committee 'relaunching' the Forum this year, with new membership
- Please use the flip charts to identify your priorities for the forum
- Election for new 'Chair' in progress
- Vacancies on committee to be 'advertised' soon
- We have drafted a Charter and the web-page will be live soon

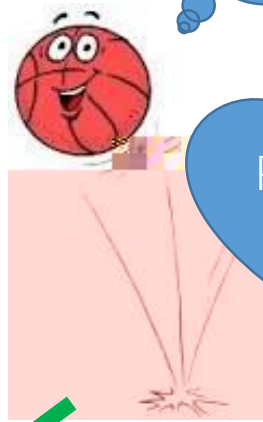


Newspaper headlines: NHS 'returns to 1950s' and tax bills to rise Mail & Telegraph 10/2/17

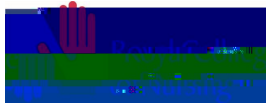




Emotional health



Physical health

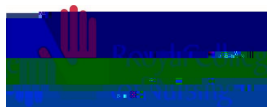


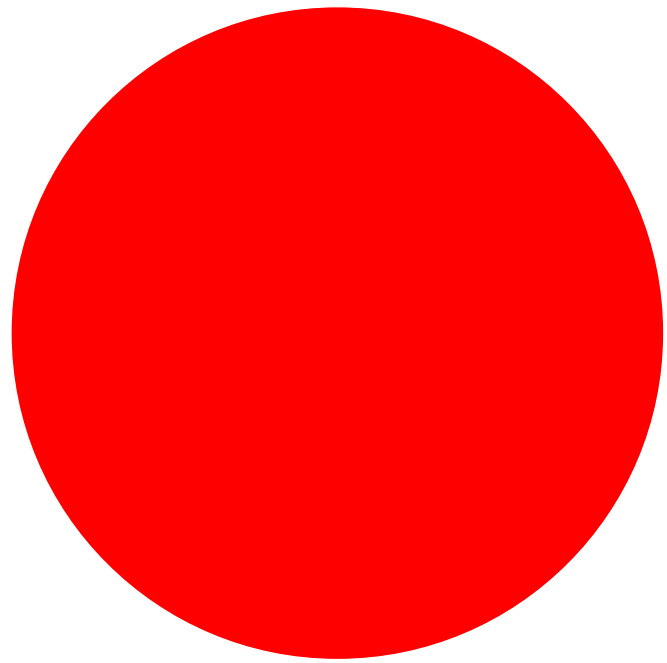
FIRSTLY resolve to take positive steps to enhance your personal resilience by.....

- Setting some targets to improve your physical health
- Reflect on your emotional health, resilience and behaviours...action plan to enhance how you manage and cope with stress and pressure

SECONDLY reflect on how you manage and lead your team so that they are supported and resilient in their own behaviours / lives.

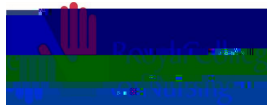
Small steps.....targets.....action plan.....celebrate success





A personal story

Vinice Thomas



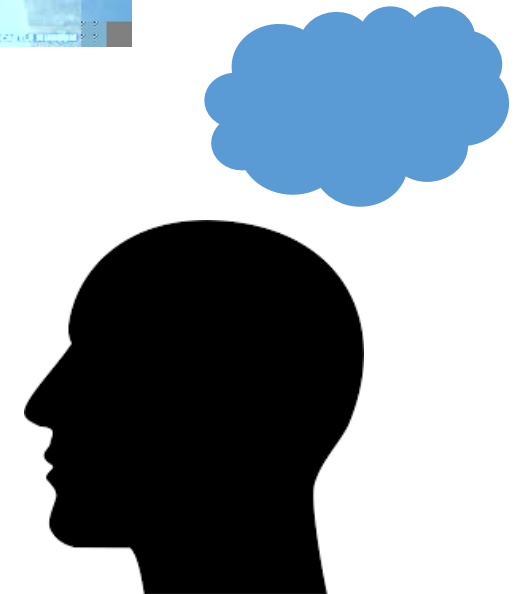
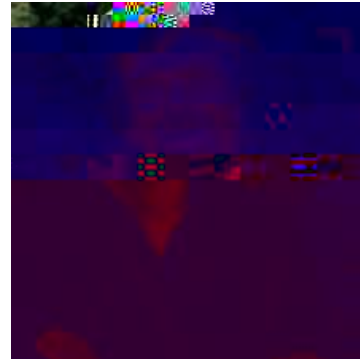
1. What currently helps you ?
2. What gets in the way ?
3. What are you going to change ?
4. Make a promise to yourself ?



What is it that you really want to achieve as a leader, manager and as a person?

Who do you need to "be" ? What do you need to "do" ? to "have" the outcome you want

What can you take from any particular situation, demanding or easily accomplished that will help you achieve your plan for Be + Do = Have?



Stress and you: a short guide to coping with pressures & stress. Sep 15

RCN publication available via website.

Code 004 966.

Healthy you assessment worksheet. Oct 15

RCN publication available via website.

Code 005 539

Beyond breaking point [RCN survey report].
2013

RCN publication available via website.

RCN Bullying and Harassment online advice sheet.

Headspace App – meditation and mindfulness.