

# NURSE UNIT MANAGER LEADERSHIP MASTERCLASS

Our innovative workplace and evidence-based leadership MasterClass program aims to address the needs of NUM groups in large organisations, and accommodates the demands of roles. Using existing NUM meetings as a forum and after a Training Needs Analysis is performed, the program is built around the concerns of the organisation, the NUM group and nurse groups so that knowledge and behavior change impact as many people as possible and are sustained.

## MANAGING SELF 1 HOUR SEMINARS INCLUDE:

- Emotional Intelligence & Self-Awareness.
- Emotional Agility.
- Positive Psychology in the Workplace.
- Changing our Mindset.
- Strengths-based Leadership.
- Managing Stress & Building Resilience .
- Managing Fatigue.
- Compassion Fatigue & Vicarious Trauma .
- Motivating Ourselves.
- Work-Life Balance.
- Mindfulness.

## MANAGING OTHERS 1 HOUR SEMINARS INCLUDE:

- Helping our teams to Manage Stress & Build Resilience.
- Dealing with Grief & Loss.
- Mental Health Awareness.
- Managing Mental Health in the Workplace.
- Debriefing Skills after an Incident.
- Coaching Conversations.
- Managing Difficult Conversations.
- Building Effective Teams.
- Giving & Receiving Feedback.
- Building Strengths Capabilities in our Teams.

## TOOLS USED TO INDIVIDUALLY COMPLEMENT THE GROUP PROGRAM:

- Psychometric tools – individual & group.
- Individual strengths-based coaching.