



CARING SYSTEMS

MASTERCLASS SERIES

A series of 90-minute, high speed virtual masterclasses for leaders working in challenging, constantly evolving systems – who still need to care for the people in their team and find ways to care for themselves.

The workshops are practical, interactive and should be enjoyable. Each one includes a different 'airlock' meditation to tune out the emotional noise, and the demands placed on you, to help you to fully participate.

You will notice the thread of systems leadership

Coaching for resilience

10 Feb 09:30-11.00
11 Feb 14:00-15:30

Leading teams under extreme pressure

23 Feb 14:00-15.30
3 March 09.30-11.00

Waving or drowning? 90 Mins to improve your resilience.

24 Feb 14:00-15.30
4 March 09:30-11.00

Living Change

9 March 10:00-11:30
10 March 14:00-15.30

Power & Politics

18 March 14:00-15:30
24 March 09:30-11.00

FACILITATED BY:

Carter Corson Business

Psychologists

Coaching for resilience

- Coaching for resilience – working with stoics and the overwhelmed
- Enhancing listening skills for coaches and reframing in the moment
- Asking clean questions (clean of assumptions)
- Coaching practice

This session focuses on having wellbeing conversations that are useful, without ‘rescuing’ people who don’t need saving. Peers can value a useful coaching conversation to regain perspective lost through stress, but stoics can find it hard to ask for help, and people who are overwhelmed simply don’t know where to start. We’ll focus on practical, ‘in flight’ coaching when working side by side with colleagues who need support.

Waving or drowning? 90 minutes to improve your resilience

- Managing personal stressors – staying calm when all around you
- Self-care check-in – feeling valued, listened to and cared for
- Tapping into deeper resources
- Maintaining healthy boundaries

This workshop starts with a mindfulness meditation to induce alpha wave state where you will feel immediately calmer and creative. We will explore the different sources of pressure in your life, and how to create safe, healthy boundaries to reduce the impact of stress. You will take a deeper look at what tools you need to tap into whenever you need to feel more resourced to face your day. You will explore the impact of duty, guilt and responsibility, and the importance of “putting on your own oxygen mask before helping others”. The title of this workshop, for interest, is the fastest way to let colleagues know when you are ok vs not ok. Whatever your answer right now – this workshop will provide some useful tools.

Leading teams under extreme pressure

- Making the most of team strengths in reactive VUCA conditions
- Creating an anti-fragile team – enhancing team resilience through purpose, with unshakeable confidence in each other
- Creating psychological safety for your team when it feels like chaos

This workshop explores how your team can thrive not just survive in high levels of change, when guidelines are out of the window and nothing is clear. Helping your team to be ok with chaos, and be clear about their shared purpose, whilst maintaining or increasing psychological safety is the key to anti-fragile, resilient teams. During the workshop you will apply learning to your current team with activities to try out with your team after the event. This masterclass utilizes Miro (an online collaborative whiteboard) to explore team canvasses, creating a practical takeaway.



Living change

- Welcome to the neutral zone: the psychology of transition and the impact of uncertainty; how to make the most of everything changing
- Influencing positive new habits using psychology
- Being an agent of change

Focusing on 'people rather than process' change, whilst acknowledging the difference, this workshop provides practical ways to lead change that stays changed. This masterclass focuses on influencing others to effect change, when everything around you is uncertain – the old ways have gone, but the new ways are not yet set in stone. Accountability pairs will support each other through any live change challenges after the masterclass for continued learning.

Power and politics

- Standing in your authority – understanding the source of your personal power (please note this is based on family systems work)
- Learning to belong to yourself – the most effective way to win power games
- How you stand in relation to politics, as the art of getting things done

This workshop takes a different look at this perennial subject. Using a systemic lens on power and politics reveals interesting dynamics of belonging, safety and recognition - and control - that were learned long before leaders became leaders. For this module we create three dimensional maps of systems, to explore the impact of power and politics, create a secure personal power base and an understanding of how politics plays out for everyone, including those who reject it.

All bookings are via the website or the links in the email that will direct you to the events:
[East of England – NHS Leadership Academy](#)