

Restorative Supervision and Wellbeing Support Program

Innovative Support, Supervision and Wellbeing for Cancer and Diagnostic Teams

What do you value about the program? "Everything! It is a great space to share our experience with each other in a way which is positive and useful for interaction with the people we are working with. The framework and support offered by the Supervisors is invaluable, in helping us think about our own needs, in order to think about others"

Great Ormond Street NHS FT Participant - Talent for Care Supervision Program (March 21)

We are delighted to offer this innovative supervision and wellbeing program to Cancer and Diagnostic teams, via Teams and WhatsApp, designed for time-constrained, under-pressure colleagues, from all systems in the Midlands:

- **All Cancer and Diagnostic colleagues**, from any level of experience, are invited to join the program • **Mixed cohorts** of 12-20 participants to share experiences across different Trusts, in each system
- **Practice partners** – to share the journey, because peer support is essential and also very enjoyable
- **Our most experienced supervisors and program leaders** delivering 5 highly popular on-line sessions (1.5hrs), over 12-14 weeks
- **One to one enrolment** through a 30-minute on-boarding conversation with one of our supervisors, entirely confidential, to welcome all colleagues to Restorative Supervision
- **A safe space, for everyone** to open-up, listen, contribute and **enjoy, restoring health, strength and wellbeing**
- **Minimising impact on work schedules and rotas for all participants:** particularly relevant to be able to offer the program through the winter months, when additional support is needed the most
- **A sense of community**, supported by private social media groups, to inspire and engage



"Restorative - having the ability to restore health, strength and wellbeing"

This innovative Restorative Supervision program for healthcare teams, particularly well-tested and effective, has the specific purpose to support individual wellbeing, while also providing a learning and development opportunity for professionals at all levels, in their healthcare roles. All participants will be invited to engage in this supervision and wellbeing journey with colleagues, as well as on an individual level.

The program leads participants, with **minimum demand on their time**, to establish a **fresh mindset** and an accompanying set of **innovative practices** that are proactive, rather than simply responding to circumstances. The benefits to participants, their peers and their communities are long lasting, well beyond the participation in the program.

All that is required to attend the program is to have access to a device with a camera and microphone, to be able to create a quiet, private space to engage in the program sessions and be able to access MS Teams.

More than anything, the program is a THANK YOU! to all participants for the exceptional care they deliver every day, under very challenging circumstances.

Please complete the form below to request a place:

<https://forms.office.com/e/a1UDprLHuf>