

A woman with dark curly hair, wearing a white face mask and a grey blazer over a pink shirt, is seated at a table. She is looking towards the camera with a slight smile. In the background, another person is partially visible. The scene is set in a professional office environment. A blue geometric graphic is in the top right corner, and a yellow square is in the bottom right corner.

NHS Leadership Academy

Winter 2021-22

A range of free learning and development offers to help you stay well to lead well this Winter and beyond.

Here for you

The NHS Leadership Academy helps our people discover and fulfil their leadership potential to deliver outstanding health and care now and into the future.

We offer a range of free to access downloadable resources, bite-size learning, short inspirational leadership clips and our foundational leadership development - the refreshed and new Edward Jenner programme. You can view all our different resources, offers and programmes at leadershipacademy.nhs.uk

"One participant reported that their built confidence enabled them to challenge effectively leading to a £4,000 ward saving."

Elizabeth Garrett Anderson participant

"I use the learning from the programme on a daily basis but it has been particularly useful during the last 12 months when I have led an organisation wide restructure and implemented a clinical transformation programme"

Nye Bevan participant

Our Regional offers

Our regional academies are here to support you through Winter with a range of offers that can be accessed easily and are designed to acknowledge the time pressures all staff are facing. We are also working closely with colleagues, systems, and organisations to enable and develop the new Integrated Care Systems (ICS), support Board development and wider ICS architecture and develop future system leaders.

Bite-size learning	The regional NHS Leadership Academies have listened to their stakeholders to design and deliver a range of virtual masterclasses, webinars, recorded and self-directed learning materials to help leaders of all levels to learn, develop and network to support each other this Winter.
Coaching & Mentoring	A coach or mentor can make a significant improvement in leadership and enable leaders to retain or develop resilience during difficult times. Our coaching and mentoring offers are flexible ranging from ongoing coaching and mentoring relationships to more bite-size crisis coaching support. This Winter, this could help with retaining talent, delivering elective recovery, and continuing the COVID19 response requirements.
Development Programmes	The Mary Seacole programme for first-time leaders and those new to leading teams in health and care can be delivered for organisations. The Leading for Systems Change programme is a practical, place-based support for integrated care systems (ICS), to build collaborative system-wide leadership thinking, practice, and networks.

Winter support, where you are

The following examples show the range of free offers to help you take care of your team. Each of our seven NHS Leadership academies will be running bitesize learning sessions on the following topics. These will be updated monthly. You can subscribe to your local academy to receive updates.

Leadership wellbeing: looking after yourself and your teams

This 90-minute interactive [virtual session](#) will help you understand the deeper drivers of wellbeing and mental health. Crucially it will focus on how as leaders we can practice self-care.

Embedding psychological safety and compassion within teams

This 150 minute [virtual session](#) is one important module of the a complete leadership series to help create and lead compassionate cultures. We will explore models and be able to apply practical tools to enhance your own practice, when under pressure.

Trauma-informed leadership workshop

As we move into a further phase of the pandemic, we need to take stock on its impact on our teams and develop our leadership practice to take account of this. This 150-minute [virtual workshop](#) will help participants understand trauma from diverse perspectives and provide practical tools to help prepare, protect and care for yourself as a leader at this demanding time.

Supporting your people when noticing burnout

Do you suspect someone in your team is close to burning out? It can be difficult to know what to do as a leader or a colleague. This 90-minute [virtual session](#) is specifically designed for staff who are concerned for colleagues as they work through challenges or extreme pressure.

Tackling health inequalities and leading inclusion

These 120-minute [virtual webinars](#) will remind participants of the social determinants of health and wellbeing and share knowledge on how population healthcare is key to tackling health inequalities. These [60-minute sessions](#) (with optional 30-minute discussion) may help build understanding on building inclusive cultures.

Supporting your self-care: the art of being brilliant and rising stronger

Based on cutting edge research these [120 minute webinars](#) share simple, doable principles that are applicable at work and home to support leaders to thrive in a world that's doing its worst. These webinars will help you remember who you are at your best and aim to enhance your wellbeing, individual and team resilience.

Learning at your own pace – wherever you are as a leader

Being able to attend a virtual session may not feel realistic right now. You can access free podcasts, articles and blogs at any time. Through a [series of podcasts](#) you will hear from other leaders who share thoughts, ideas and strategies to help you make sense of you experience over recent months and on moving through to recovery.

The short-read blogs (under 10 minutes) cover topics from 'Being successful in uncertain times' to 'Adaptability and resilience'. These are the views of other leaders that could help you and your team navigate the current pressures.

To find out more about free offers to support you this winter [click here](#).

For the most up to date information on the offers and development available regionally please visit the regional team website or contact the team directly:

North East, Yorkshire and the Humber	Email: nwla.info@nhs.net Web: www.nelacademy.nhs.uk
Midlands	Email: midlands@leadershipacademy.nhs.uk Web: midlands.leadershipacademy.nhs.uk
East of England	Email: eoel@leadershipacademy.nhs.uk Web: eoel.leadershipacademy.nhs.uk
London	Email: london@leadershipacademy.nhs.uk Web: london.leadershipacademy.nhs.uk
South East	Email: nhsi.sell@nhs.net Web: se.leadershipacademy.nhs.uk
South West	Email: leadership.sw@leadershipacademy.nhs.uk Web: www.southwestleadership.nhs.uk
North West	Email: enquiries@leadershipacademy.nhs.uk Web: www.leadershipacademy.nhs.uk

We are here to help. Whether you are looking for leadership development for yourself, your line managers and team leaders or for your organisation, we would be very happy to discuss options.

"We tend to be very good at looking after others and not good at looking after ourselves – this made a difference to me and helped me to focus on my own well-being too."

Coaching participant

Winter support for all

Investing in yourself and others can be a great way to stay motivated, prepare for your next role and to retain talent, especially during difficult times. Right now, may be the ideal time to consider how you and your teams could benefit from our range of world-class leadership development programmes. [Click here](#) to learn more.

Even if you or your team don't see yourselves as a leader right now, consider what is on offer for future development as well as the support available through Winter [here](#).

"I have never found a course so engaging. It has improved my self-awareness and I have discovered I really do want to pursue a position in an official leadership role, and that I am already leading quite effectively in an unofficial role."

Edward Jenner participant

"This course has helped me get a better sense of myself and how I can become the sort of leader I want to be. It's also shown me there are many other people out there who suffer the same self-doubts and strive to the same high standards, which has been reassuring."

Edward Jenner participant



Winter support at a glance

We know that the last two years have been tough, and we face an uncertain Winter. Learning, sharing, and connecting with others may help individuals and teams' wellbeing and motivation. We have curated several accessible offers and resources to support you as a leader this Winter.

	Early leadership	Mid-level leadership	Executive leadership	Primary care
Winter resources	<p>Bite-size online learning: we have a collection of 30 minutes to 3 hour long e-learning from self-awareness and self-care to leading with compassion and inclusion.</p> <p>News & views on Winter</p> <p>Wellbeing resources</p>	<p>ProjectM offers 24/7 learning 7 development inspiration with:</p> <p>Small inspiration leadership learning videos.</p> <p>Monthly tweet chats on Twitter</p> <p>Tea & Talk informal connection space</p> <p>Listen & Learn interactive webinar</p> <p>#WinterWarmers Coffee roulette to enable managers to connect, learn and support each other.</p>	<p>Executive suite provides a comprehensive suite of support and development offers:</p> <p>Seminars and masterclasses from internationally renowned speakers, health care experts and thought leaders.</p> <p>Virtual Action learning sets</p> <p>Informal common rooms</p> <p>Online resources and bite-size learning.</p>	<p>Through national and regional centres, we offer a series of tools and offers tailored to the current needs across England, ranging from:</p> <p>Network support & development</p> <p>Talent management including support to transition to ICSs.</p> <p>Coaching & mentoring</p> <p>Health, wellbeing & resilience listening spaces.</p> <p>Local delivery of world class development, such as the Mary Seacole programme.</p>
Who is it for?	Suitable for anyone at any level and at any stage of your career to stay well through 'light' lifelong learning.	For all 300,000 mid-level team leaders and managers across health and care.	For first time and established executive leaders across health and care.	Everyone from pharmacists, practice managers and primary care network leads to GPs, health visitors and new roles such as social prescribers.
Time commitment	Your choice of access to 24 / 7 bite-size learning (approx. one hour) News & views under 15 minutes.	Your choice between 15 minute inspirational video to one hour interactive webinar or Tweetchat.	Your choice from short bite-size, reading thought-pieces to joining seminar and common rooms.	Your choice from one-off learning and support to 6 months on a tailored development programme.
Cost	Free	Free	Free	Free
More information	Visit our website here	<p>Follow #ProjectM on Twitter, LinkedIn</p> <p>Visit #ProjectM resource page here</p> <p>Email projectm@leadershipacademy.nhs.uk</p>	<p>Follow @NHSLeadership on Twitter.</p> <p>Visit Executive Suite here</p>	Contact your regional centre here

"Really helpful to have the opportunity to hear about the experiences of others and relate my experience to a theoretical model. Great to have a space for my learning. Thank you."

Executive Suite seminar participant

"The most insightful talks I have had in a while. BRAVING concept blew my mind."

ProjectM participant

"I really can't tell you enough how valuable I found this learning. It was basic enough for me to understand well and transfer in writing to my CPD and utilise with two patients the next day. Thank you."

Compassionate Conversations participant

EDWARD JENNER PROGRAMME

Edward Jenner is your leadership development essential for all line managers, aspiring managers, and team leaders at any level or stage of their career.



"This course has made me question my motivations and has already made me recognise behaviours that are not going to benefit me. These behaviours I can change, and I now have recognition of my thought patterns in general. This is going to help me feel more in control and better founded to lead."

Edward Jenner participant

How you will learn

Fully online with discussions. It is self-paced, and you can spread the learning hours over a time period to suit your needs.

Awards

NHS leadership Academy Award in Leadership Foundations.

Cost

Free to those in the UK from a health and care organisation or on a work placement.

Why do it?

- Nationally recognised leadership certification from the NHS Leadership Academy.
- Participants report to have improved ability to develop positive working team cultures, leading to great staff satisfaction, improved team retention all linked to better outcomes for patients.
- Learning about core purpose and how to lead-well can help personal motivation during challenging times.
- Developing self and continuous learning can help to maintain self-care to stay well and lead well this Winter.

The Edward Jenner programme engaged almost 50,000 people during the last 18 months as a valued way for aspiring and team leaders to develop.

The newly refreshed Edward Jenner programme allows participants to lead high quality services with compassionate and inclusive leadership. This social learning suite of courses will help you lead and manage together through winter.

To find out more about the New Edward Jenner Programme [click here](#).

Keep in touch



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[NHS Leadership Academy](https://www.linkedin.com/company/NHSLeadershipAcademy)



[nhsleadership](https://www.instagram.com/nhsleadership)

#support4NHSleaders

We are a growing community of leaders supporting leaders. If you are able to help others through sharing your story or practice wisdom we would love to hear from you.

Contact us



enquiries@leadershipacademy.nhs.uk



www.leadershipacademy.nhs.uk

This brochure can be made available in other formats on request.

The NHS Leadership Academy is a division of NHS England and NHS Improvement People Directorate.

"One learner has shared that through applied learning they estimate a £200,000 saving over the next year for their clinical services through co-location."

Elizabeth Garrett Anderson participant