## ABOUT THE WORKSHOP

Shelley says, "In 2020 much has been asked of us in the Covid-19 pandemic, and as usual, we've stepped up to the challenge. Coming together at this time is an opportunity to take a step back, reflect on our experience, and look at how to keep kindness as a sustaining principle. We can easily find ourselves last on the list of people to be cared for, but self-compassion and connection with colleagues is more important than ever".

- Personal resilience is based on meaningfulness of work, connectedness and self-management. It enables you to cope, recover and maybe even thrive in clinically demanding and difficult work circumstances. We'll look at what your self-talk is telling you, what strengths and strategies you already have, and what further supports you can use.
- Belonging in a team and pulling together is one of the best things about work - a sense of being supported by others and confidence in one's own skills to actively appreciate and support others. We'll look at why the idea of positive colleagueship is a more *positive* approach than trying to stamp out bullying and disrespectful behaviour amongst co-workers.

## What participants commend about the workshop

- Meeting new people and connecting. Valuable conversations with good resources. Inspirational.
- Well-paced day. Excellent resources shared. Thought-provoking. Good strategies given.
- Multiple resources to take home to reflect on. Evidence-based. Open and safe environment.
- Well-organised and well-presented. Very productive day. I enjoyed it and learned a lot.
- Calm approach. Helpful insight into varied techniques in improve resilience. 'On topic' and interesting videos - good to have humour!
- The thinking around 'critical resilience' - what we allow/accept and take on board but in actual fact maybe we ought to challenge.
- Allowed plenty of time for people to internalise and reflect and question.
- A well researched and delivered day. Many great resources. Clear easy tools.
- Good content led by a nurse. All ...nurses in leadership roles should be able to participate.

## WORKSHOP LEADER

Shelley Jones RN BA MPhil has many years' experience as an independent facilitator in collaborative projects that support frontline staff in bringing their best to those they care for. She has worked in settings from rural districts to operating theatres to aged residential care. Feedback from Shelley's workshops draws attention to her organisational skills, depth of awareness around contemporary workplace challenges, and her great sense of humour.

# PERSONAL RESILIENCE & POSITIVE COLLEAGUESHIP

## A workshop about keeping on with kindness in our work lives



0830-1630 day/month (0815 for coffee)
venue
Workshop leader: Shelley Jones RN BA MPhil

❋ Review the concept of resilience critically
❋ Learn what researchers say the real secret to resilience is
❋ Take time to connect with your colleagues

# What you'll get out of the workshop

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| **Learning outcomes** | You'll work with colleagues in a safe, supportive environment to |
| | ◗ apply resilience concepts to your work life |
| | ◗ review and strengthen your self-compassion and self-care* |
| | ◗ practice ways to support your colleagues. |
| | *The time we spend looking at self-care will be a safe exercise that won't ask you to go anywhere you don't want to go.* |
| **Nursing Council competencies** | The workshop is relevant to |
| | ◗ responsibilities for meeting professional and ethical standards (RN competencies 1.1, 1.4) |
| | ◗ relationship responsibilities with patients/clients and colleagues (RN competencies 2.8, 2.9, 3.1, 3.2). |
| | It also helps you uphold professional expectations '... to maintain your health and well-being...' (Principle 8 *Code of Conduct for Nurses*). |

# Before the workshop

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| **Pre-reading** | Read the article Personal resilience: developing and drawing on your own resources at *HealthCentral* as |
| | ◗ the workshop builds on this material and goes further |
| | ◗ your pre-reading and homework counts for an additional hour of continuing professional development. |
| **Reflection** | Referring to this article, which of the 5 different themes in the resilience literature makes the most sense to you? |
| | ◗ Think of an example in your personal or professional life - sharing will be optional. |
| **Recommendation** | Also from this article, choose one of the links you found useful - we'll click on it and you can talk about why you'd recommend it. |
| | *OR* be ready to recommend another resource or strategy that you've found helpful. |
| **Any questions?** | Please call or email Shelley Jones |
| | 021 79 1000 \| shelley@learn-ability.co.nz |

# PROGRAMME

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| 0815 | Please arrive in time to grab a coffee... |
| 0830-0900 | Mihimihi, introductions and warmup |
| 0900-1000 | **Resilience** |
| | • Where the idea comes from and what it means to you |
| 1000-1030 | **Risk factors and protective factors at work - critical resilience** |
| | • Stressors that can be managed or avoided and those that can't - why personal resilience is not the answer to all work pressures |
| | • How burnout happens, and why the best part of being a nurse protects you |
| 1030-1045 | Coffee break |
| 1045-1130 | **Coping strategies – which to use when** |
| | • Using the ABCDE approach |
| 1130-1215 | **Learning from the links you looked at** |
| | • Which resources would you recommend? |
| 1215-1300 | Light lunch provided and self-care time (walk in the park) |
| 1300-1345 | **Self-compassion and self-care** |
| | • Why you need (and deserve) it |
| 1345-1400 | **What researchers say the real secret to resilience is...** |
| 1400-1430 | **Positive colleagueship vs disrespectful behaviour and incivility** |
| | • The benefits of one and the harms of the other |
| 1430-1445 | Coffee break |
| 1445-1545 | **Strengthening relationships and teamwork** |
| | • 10 ways to be more of the colleague *you* want to work with |
| | • Affirming and appreciating your colleagues |
| 1545-1615 | **Messages to take home – what is our learning today?** |
| | • What are the issues raised? |
| | • What can we take personal responsibility for? |
| | • What actions can we take? |
| 1615-1630 | Evaluation and conclusion of workshop |