

Resilience Resourcefulness and Wellbeing

for Maternity Healthcare Professionals



THIS COURSE IS AVAILABLE TO
COMMISSION IN YOUR ORGANISATION
EMAIL TRAINING@BABYLIFELINE.ORG.UK
TO ENQUIRE

6 hours relevant for CPD

All Places Subsidised
at **£155**

- Price includes lunch and refreshments
- Student Discounts Available!
See Website for Details

In partnership with:  **frontline resilience**

The Need for Training

Delivering effective and compassionate care in the frequently overstretched maternity health service draws on professionals' resilience and resourcefulness.

The day to day pressures of staff shortages, patient complications, and team dynamics, as well as dealing with serious incidences often have detrimental consequences on wellbeing, motivation and job satisfaction, which can result in staff leaving their jobs, sickness and burnout.

Being able to access their resilience and resourcefulness enables professionals to respond appropriately and wisely, to difficult circumstances or situations and maintain their wellbeing and efficiency.

This course offers an experiential understanding of how professionals' state of mind and their connection with others fuels their resilience and wellbeing.

The course is ideally taught in a multidisciplinary setting and is relevant to all members of the maternity team, including **midwives, obstetricians, theatre support staff, anaesthetists and healthcare professionals**. It is also relevant for **medico-legal practitioners**.

Course Directors

Kirstien Bjerregaard

Psychologist; Director Frontline Resilience

Emma Greenslade

Health Care Leader – Specialist in Quality Improvement and Safety; Associate Director Frontline Resilience

For faculty details please visit individual course pages on website.

Course Content

The intent is that every participant leaves the programme with:

- New insights into how to access their own resilience.
- A renewed sense of confidence in their capacity to respond appropriately and wisely in challenging circumstances.
- A profound awareness of the difference understanding resilience and wellbeing can make to teams who work with women, their babies and their families.
- Identifying actions that can be taken by individuals and teams at work to support accessing resilience and wellbeing.

The following key domains will be covered:

- An exploration of resilience – identifying the nature of resilience, uncovering myths and unhelpful taken for granted assumptions.
- The role that perception and thought plays in fuelling resilience and wellbeing.
- How being resilient positively influences the effects and outcomes of typical challenging scenarios at work.
- Creating contexts that support colleagues and patients to be resilient.
- How to be with patients' distress and upset without it having a detrimental effect on yourself.
- Clinical Implications and relevance – How resilience applies to patient safety and maternity care.

Feedback

89% reported that they would **consider or intended to modify practice** after seeking more information.

*"Allowed the **flow of ideas**; create **trust between strangers**, an **openness to share** personal information with each other."*

*"This **should be mandatory** for all NHS staff. It is this **missing link** in current training."*

"I have learnt a lot about myself, my own personal resilience and how I can strengthen it both at work and in my personal life. Excellent day."
"This should be mandatory for all NHS staff. It is the missing link in current training."

Book Now:

Web: www.babylifelinetraining.org.uk

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