



Mental Wellbeing & Personal Management

3 external CPD points

Learning and discussion – 2.5 hour interactive webinar session

- Importance of mindset vs skillset
- Key components of Emotional Intelligence including the ‘feelings grid’
- Strategies to handle pressure and stress in the moment and at the end of shift
- How to control our “chimp” brain
- Directing our mental camera
- A 10-15 minute Q&A session (unrecorded) to deal with personal issues and challenges

5 mins	<ul style="list-style-type: none"> • Aims and Objectives • Timings – Process: Think-Do-Share • Introductions
35 mins	<ul style="list-style-type: none"> • Attitude versus Skill • Four steps to Learning • Emotional intelligence Grid -recognising the signs of reduced well being
35 mins	<ul style="list-style-type: none"> • Breathing exercise – accessing calm when we need it most • State Management – Play from a 10 • E+R=O – review of our conditioned responses over everyday activities • Recognising the importance of Response – ability. Taking back control of the emotions
15 mins	<ul style="list-style-type: none"> • Coffee break
45 mins	<ul style="list-style-type: none"> • Directing the mental camera – moving the focus of the mental camera from negative to positive • Breaking bad news • The Dash – values-based exercise realigning current choices • Understanding choices that need to be made to improve overall wellbeing in a values led environment
10 mins	<ul style="list-style-type: none"> • Q&A
5 mins	<ul style="list-style-type: none"> • Review and what next

To book or enquire about this programme please contact us

t: 01189 036363

e: info@miadhealthcare.com

w: www.miadhealthcare.com