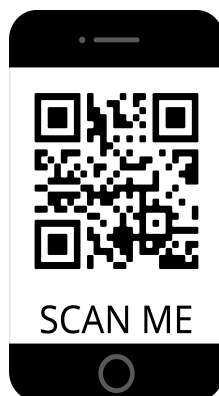


Training Available

The PSU delivers the following workshops and webinars to trainers and trainees. If you are interested in attending these, please visit our page on Eventbrite using the link or QR code below:

<https://www.eventbrite.co.uk/o/professional-support-unit-psu-heiw-27033957245>



Supporting Trainees Through Training

2 hour webinar – 2 CPD points

Audience: Faculty

Description:

Interactive workshop approved by RCP and suitable for all faculty members and senior trainees involved in supervising medical and dental trainees. The workshop focuses on recognising and managing issues that may affect trainees' progress.

Participants explore signs and triggers of support issues, learn pathways of referrals and discuss techniques of supervising trainees with various support needs.

Aims and Objectives:

- Describe issues that may have significant impact on training progression
- Develop skills in understanding support issues and recognise triggers related to work performance
- Develop skills in effective supervision of trainees with support needs
- Develop skills in constructing specific educational plans with reasonable identifiable objectives and outcomes needed for satisfactory progression
- Knowledge of how to support a trainee with ill health or disability in the workplace
- Identify where to find information and resources
- Role of Professional Support Lead and their responsibilities within the Specialty School
- Increase networks and potentially create a community of support within Wales

Dates:

12/01/2022 (10am - 12pm) – **To register use link or QR code above**

Booking Information:

The PSU will also deliver this workshop by request from Postgraduate Centres or Specialties. To book please contact PSU on HEIW.ProfessionalSupport@wales.nhs.uk

Mentor and Mentee Training – Getting the Most out of Mentoring

Two 1 Hour Webinars – 1 CPD point each

Audience: Faculty and Trainees

Description:

2 Part webinar or one face to face workshop.
Possible to run on separate days or together.

Aims and Objectives:

Part 1

- Concepts of mentoring
- Topics for mentoring in a healthcare setting
- Mentor and mentee relationships, behaviours and responsibilities to each other

Part 2

- Mentoring skills and tools
- Core skills that both mentors and mentees should be familiar with focus on tools for achieving goals such as setting the SMART objectives, using the GROW model and Johari Relationship Window to maximise successful outcome

Dates:

29/06/2022 (7pm – 9pm)– Registration will open shortly using the link / QR code above

Booking Information:

The PSU will also deliver this workshop by request from Postgraduate Centres or Specialties. To book please contact PSU on HEIW.ProfessionalSupport@wales.nhs.uk

Active Bystander Training

2 Hour Webinar - 2 CPD points

Audience: Faculty and Trainees

Description:

Webinar or face to face teaching which considers why we need active bystanders, who they are and what they do.

Be an ally – learn how you can become an active bystander.

Aims and Objectives:

- What does it mean to be an Active Bystander?
- Difference between noticing behaviour and doing something about it
- Barriers to intervention
- How to intervene safely

Dates:

06/04/2022 - Registration will open shortly using the link / QR code above

Addressing Differential Attainment

1 hour Webinar – 1 CPD point

Audience: Faculty and Trainees

Description:

Webinar or face to face teaching which looks at the who, what and how of Differential Attainment before moving on to consider the system, institutional and importantly individual interventions that make a difference.

Aims and Objectives:

- What is DA?
- Who does DA affect?
- What is the effect?
- What is HEIW doing about DA?
- What can you do about DA?

Dates:

17/01/2022 (1pm – 2pm) - To register use link or QR code above

07/02/2022 (1pm – 2pm) - To register use link or QR code above

14/03/2022 (1pm – 2pm) - Registration will open shortly using the link / QR code above

06/04/2022 (1pm – 2pm) - Registration will open shortly using the link / QR code above

17/05/2022 (1pm – 2pm) - Registration will open shortly using the link / QR code above

15/06/2022 (1pm – 2pm)- Registration will open shortly using the link / QR code above

Crucial Conversations

1 hour Webinar – 1 CPD point

Audience: Faculty and Trainees

Description:

Webinar or face to face teaching where we consider feedback conversations, why they're crucial before moving on to the format and technique for success

Aims and Objectives:

- An exploration of how crucial conversations are defined
- Why feedback is important
- Why we worry about feedback and the skills in receiving feedback.

Dates:

19/01/2022 (7pm – 8pm) - To register use link or QR code above

18/05/2022 (7pm – 8pm) - Registration will open shortly using the link / QR code above

Minimising Imposter Syndrome

1 hour Webinar

Audience: Trainees

Description:

Imposter syndrome is the feeling of being a fraud, despite evidence to the contrary. This webinar is aimed at anyone who identifies with impostor syndrome or who would like to understand more to support others.

Aims and Objectives:

- Recognise signs of Imposter syndrome
- Effects of Imposter syndrome
- Risks Imposter syndrome
- Steps to manage and overcome symptoms

Dates:

02/03/2022 (7pm - 8pm) – Registration will open shortly using the link / QR code above
15/06/2022 (7pm - 8pm) - Registration will open shortly using the link / QR code above

Exam Support

3 Parts – 1 hour each

Audience: Trainees

Description:

A series of 3 webinars providing practical tips and resources for a structured approach to revision, suggestions for maximising preparation time and tools for combatting anxiety to achieve exam success.

We recommend attending all 3 webinars

Aims and Objectives:

Part 1

- Reflecting on your approach
- Organising your resources
- Review of your College guidance

Part 2

- Creating a realistic study plan
- Generating support
- Accelerating your learning

Part 3

- Final Preparation
- Managing exam anxiety
- Tips for MCQs

Dates:

We recommend attending all 3 webinars

02/02/2022 – Part 1 (7pm - 8pm) - To register use link or QR code above

09/02/2022 – Part 2 (7pm – 8pm) - To register use link or QR code above

16/02/2022 – Part 3 (7pm – 8pm) - To register use link or QR code above

Unconscious Bias

2.5 hours each – 3 CPD points

Audience: Faculty & Trainees

Description:

All of us make judgements of others within the first few seconds of seeing them. This is influenced by our own socialisation and is referred to as unconscious bias. However, there is a difference between unconscious bias and discrimination. Once we are aware of our biases, we are no longer unconscious to them.

Aims and Objectives:

- Defining unconscious bias
- Understanding the difference between unconscious bias and discrimination
- Unconscious bias and implications within clinical setting
- Action planning and practical steps in minimising the implications of unconscious bias in clinical setting

Dates:

06/01/2022 (1pm – 3.30pm) - **To register use link or QR code above**

26/01/2022 (7pm – 9.30pm) - **To register use link or QR code above**

10/03/2022 (1pm - 3.30pm) - Registration will open shortly using the link / QR code above

12/05/2022 (1pm - 3.30pm) - Registration will open shortly using the link / QR code above

07/07/2022 (1pm – 3.30pm) - Registration will open shortly using the link / QR code above

Civility in the Workplace

1 hour webinar – 1 CPD point

Audience: Faculty & Trainees

Description:

Every place of work has a different atmosphere, a different environment, a different ethos. An efficient and harmonious working environment is created, largely, by the way people behave in the workplace.

Aims and Objectives:

- The prevalence of workplace behaviour(WBA) in health professions
- Types of WBA
- How to recognise WBA
- Reasons why they occur in the workplace
- Practical solutions to them, particularly from a clinical perspective
- How to escalate these issues
- Share our experience managing these issues

Dates:

09/02/2022 (7pm – 8pm) - **To register use link or QR code above**

04/05/2022 (7pm to 8pm) - Registration will open shortly using the link / QR code above

PSU Service – An Introduction (for inductions / reminder of support available)

10 – 30 minutes (tailored to need)

Audience: Faculty & Trainees

Description:

Webinar or Face to Face when possible

Aims and Objectives:

- An overview of the PSU service
- What to expect
- How to contact us

Booking Information:

The PSU will also deliver this workshop by request from Postgraduate Centres or Specialties. To book please contact PSU on HEIW.ProfessionalSupport@wales.nhs.uk

Maintaining Your Strength and Wellbeing

1.5 hour webinar

Audience: Trainees

Description:

An overview of the PSU team and service, observations on Certainty vs. Uncertainty and the 3 Step approach to dealing with Challenges.

Aims and Objectives:

Focusing on Tools and Resources to maintain and improve wellbeing including: 'Reframing' to recognise and appreciate positive aspects of situations, noticing energy levels by using an 'Energy Log' / keeping an energy 'credit balance' and a mindful breathing exercise to create opportunities for calm.

Dates:

26/04/2022 (7pm – 8.30pm) - Registration will open shortly using the link / QR code above

Support Awareness for Trainees

1 hour webinar

Audience: Trainees

Description:

Programme available to all trainees. The workshop focuses on how to maximise potential and avoid getting into difficulty.

Aims and Objectives:

- Participants explore signs and triggers of progression issues
- Learn of the support which is available as well as some helpful hints toward successful progression through training.

Booking Information:

The PSU will also deliver this workshop by request from Postgraduate Centres or Specialties. To book please contact PSU on HEIW.ProfessionalSupport@wales.nhs.uk