

# Manager Support Sessions-Being Your Best

These sessions are designed to give you the tools and knowledge to help you be your best, especially during times of increased pressure. Join your peers in these short sessions so you can walk away with tips that will help you and your team through different situations with care and compassion.

Presented by facilitators from the Organisation Development & Engagement team, Director of Nursing & Midwifery and Value Edge



**When: Mondays at 2.30pm & Wednesdays at 11.30am** [Mondays Zoom Link](#) [Wednesdays Zoom Link](#)

Session 16	Session 17	Session 18	Session 19	Session 20	Session 21	Session 22	Session 23	Session 24
<b>Psychological Safety</b>	<b>Advocating for your team</b>	<b>Managing Fatigue</b>	<b>Asking RUOK?: Supporting people when the answer is 'No'</b>	<b>Effectively responding to change—how to adapt to changing environment</b>	<b>Burnout #1 - Understanding burnout</b>	<b>Burnout #2 Increasing workplace civility</b>	<b>Burnout #3 Important conversations</b>	<b>Burnout #4 Utilising relaxation strategies in the moment</b>
<i>Presented by Rachael Davidson</i>	<i>Presented by Rachael Davidson</i>	<i>Presented by Tony McGillion</i>	<i>Presented by Rachael Davidson</i>	<i>Presented by Jo Wintle</i>	<i>Presented by Rachael Davidson</i>	<i>Presented by Rachael Davidson</i>	<i>Presented by Rachael Davidson</i>	<i>Presented by Jo Wintle</i>
<i>What is psychological safety and why did Google identify it as the key ingredient for effective teams? We will spend some time in this session talking about the role psychological safety plays in how a team functions, how it can fundamentally shift how your team performs and identify 3 things you can do to build a psychological safe environment.</i>	<i>As a manager, your most important function is to support your team.  This session explores ways to do this that go beyond the day to day, internal conversations you have with them and encourages you to think more broadly about building networks and relationships across the organisation that can benefit and support the work your team does.</i>	<i>Over the past 18 months, managers have been increasingly aware of the need to manage fatigue for themselves and their teams.  This session will increase awareness of the hazards contributing to fatigue and ways to reduce the risk of work related fatigue.</i>	<i>Most of us have been in the position of wanting to support a friend, family member, work colleague in a time of need but not being sure of the right thing to say or do in that moment.  This session focuses on some simple steps you can take to support someone who may be struggling; from questions you can ask to practical steps to take to get them the help they need.</i>	<i>The one constant in life is change. That doesn't mean we ever get used to it or fully embrace it.  In this session we will explore the stages of change and how it impacts the way people feel and behave. We will identify strategies that you can put in place to effectively support your team to move through these different stages.</i>	<i>We have heard a lot of talk about burnout in the health sector. In this session we will explore the concept of burnout and the 6 areas of work life that contribute to that experience.  We will identify strategies that you can implement to prevent and reduce the likelihood of it occurring and better support your team members.</i>	<i>Have you observed your team members getting shorter and sharper with each other when under pressure or when they are tired?  In this session we will identify ways that you can build a positive workplace culture for your team members and demonstrate respect in the day to day.</i>	<i>Have you noticed some of your team members displaying signs of burnout or observing changes in their behaviours during difficult times, but feel unsure how to approach them and how to have a check in conversation?  This session will increase your awareness and provide strategies on how to have check in conversations and Reflect and Refocus conversations to help with burnout. We will explore what these conversations are; when to initiate them and why / how to have them.</i>	<i>This session focuses on increasing your awareness of your stress, understanding it and provides you with strategies and tools to manage it in the moment.</i>
<b>M 28/2/2022</b> <b>W 2/3/2022</b>	<b>M 7/3/2022</b> <b>W 9/3/2022</b>	<b>M 14/3/2022</b> <b>W 16/3/2022</b>	<b>M 21/3/2022</b> <b>W 23/3/2022</b>	<b>M 28/3/2022</b> <b>W 30/3/2022</b>	<b>M 4/4/2022</b> <b>W 6/4/2022</b>	<b>M 11/4/2022</b> <b>W 13/4/2022</b>	<b>W 27/4/2022</b> <b>W 4/5/2022</b>	<b>M 9/5/2022</b> <b>W 11/05/2022</b>