

Managing and strengthening your Resilience

WEBINAR

Thursday 23rd May 2024

All Delegates will receive

- Increased knowledge in Managing and strengthening your Resilience
- A set of Course downloads
- A certificate for your appraisal portfolio

Course Accredited for 2 hrs CPD

Introducing your speaker

Tracy Ellis

Leadership Coach and Experienced Leadership Trainer

CIPD Dip (Chartered Institute of Personnel and Development)

City and Guilds PG Teaching Certificate

ILM Coaching Certificate (Level 5)

Fellow Higher Education Academy

Accredited Mediator

Meet the Speaker ...

Tracy Ellis

Tracy Ellis is a leadership coach and experienced leadership trainer.

She previously spent 15 years as a Lecturer in the Business School at Salford University, worked as a HR Professional at Salford Royal Hospital and the Greater Manchester Ambulance Service and as a GP Practice Manager.

For the past 15 years she has worked in Leadership Development roles in 2 universities as well as running her own consultancy.

She is a Fellow of the Higher Education Academy, ILM Authorised Trainer, Co-Chair of the North West Staff Development Network for Higher Education and Professional Member of the European Mentoring and Coaching Council. She is CIPD qualified, has a PG Cert in Teaching and ILM Level 5 Coaching Qualification.

At the University of Liverpool she is currently responsible for enhancing university culture through people development, university managers training, university mentoring scheme and executive coaching provision. She also runs the North West Higher Education Coaches' Network.

Tracy's current external projects include the design and delivery of a Leadership Programme for Clinical Research Leads from institutions across the Horn of Africa who are responsible for a multi million pound "One Health" project which aims to improve the health and wealth of people in the Horn of Africa as well as delivering leadership training for the National Institute for Health Research (NIHR) Scholars Programme for Clinical Academics in the North West.



Your Learning Agenda ...

Managing and strengthening your Resilience

It is not possible to make progress without experiencing occasional setbacks and disappointments. However, it is how you respond that makes the difference.

Resilience is now a key competence for managers working under pressure during periods of change. This session will help you understand what affects your own resilience and what you can do to support yourself and those you work with.

The session will include:

- ▶ What is resilience
- ▶ What affects your stress bucket?
- ▶ 6 Keys to help maintain and build resilience
- ▶ Approaches to dealing with challenges that affect your wellbeing

In preparation for the session: Go to the URL

<https://www.robertsoncooper.com/iresilience/>

and complete the personal iResilience Report. This will be discussed during the session. You will not be expected to share your results, but it will help you gain insight into what you personally drawn on for resilience.

Programme ...

14:00 - 15:00pm Webinar Session 1

15:00 - 15:25pm Sponsors

15:25 - 16:00pm Webinar Session 1

Book online at www.medicconf.co.uk

We do not take bookings over the phone • MediConf no longer accept cheque payments

Please note that all confirmations will be sent to you via email ONLY acknowledging your place, candidate registration number and other essential information.

MediConf do not release delegate emails to 3rd parties. Occasionally we may use email addresses to inform you of future events or services provided by our supporting organisations. Facilities are available for you to unsubscribe to this at any time.

The data collected on this form is used to process your booking request. For more information, please refer to our privacy policy which can be found at www.medicconf.co.uk where you may also find further information about processing of personal data and your rights. If you need any further information please contact the Data Processing Manager: Janet Poyner E. janet@medicconf.co.uk

For a full list of our booking terms and conditions please visit our website: www.medicconf.co.uk

IF YOU DO NOT RECEIVE YOUR CONFIRMATION WITHIN 48 HOURS please contact the office

42 St Annes Road East | Lytham St Annes | Lancashire | FY8 1UR

T. 01253 712894 | W. www.medicconf.co.uk | E. webinar@medicconf.co.uk