

**South West Primary Care Academy**

**Compassionate Leadership for Practice Managers in**

**the NHS**

**Wednesday 23rd November 2022 09.00 - 13.00**

**Virtual workshop**

The Primary Care Academy (South West) would like to invite you to attend a “Compassionate Leadership in the NHS” educational session led by Nicola Harker on

**Wednesday 23rd November 2022 at 0900-1300**

 After spending over 20 years in the NHS as a GP and Cancer Lead Nicola retrained as a coach and has been coaching and teaching Compassionate Leadership for the past 5 years. Nicola is also a trained teacher of Mindful Self-Compassion.

As a participant in this 4-hour workshop you will learn:

* Why self-compassion is the starting point for compassionate leadership.
* The key components of self-compassion, and how to cultivate compassion for yourself.
* The role of Fierce Compassion, and how managing your boundaries and assumptions will help you as a leader.
* Develop a toolbox of strategies to care for yourself emotionally while caring for others who are experiencing difficulty.
* Cultivate leadership skills that will help you to lead creatively and with compassion.

The workshop includes some reflective and experiential components, so it’s recommended that you attend from a quiet space, rather than a busy co-working environment.

The workshop will be held over Zoom and places will be limited to 30, to allow for discussion on the day.

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| Date | Time | Location | Invite |
|  Wednesday 23rd November 2022 | 0900-1300 | Virtual  | To Follow  |
| Facilitator: Dr Nicola Harker |

**Registration**

To register your interest for this event, please complete the MS Form by clicking on the link below. Please ensure that you have completed the form by **Wednesday 2nd November.** Please note the booking form will close early if we reach the full capacity of 30 participants:

<https://forms.office.com/r/cfRCpKXaGn>

Questions about the event or the Primary Care Academy should be sent to PrimaryCareAcademy.SW@hee.nhs.uk

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| **Dr Linda Simpson** Director, Southwest Primary Care AcademyGP Associate Dean for CornwallHealth Education England |   **Dr William Edney** PCA GP Fellowship Lead Training Programme Director Health Education England |