

# Compassionate Connected and Effective teams

## A training for managers and leaders

- Compassionate and trauma informed services and workplaces are [key to remobilisation and our long term recovery](#) from the impacts of Coronavirus
- The workshop is open to managers and organisational leaders across NHS Fife, Fife Health and Social Care Partnership and Fife Council
- This **2.5-hour workshop** is delivered by the **Fife Health and Social Care Partnership Psychology Staff Support Service** and NHS Education for Scotland (NES) Transforming Psychological Trauma Implementation Co-ordinator (TPTIC).

# What are compassionate leaders?



- Compassionate leaders understand the challenges that workers face - both at work and in life - and are committed to recognising the needs of workers and to helping and empowering workers
- Compassionate leaders recognise that workers need to feel:
  - Connected to, valued and respected at work,
  - Competent in their job roles
  - A sense of agency in the workplace.
- Compassionate leaders are trauma-informed
  - they recognise that some of the needs that workers have at work relate to previous experience of adversity and trauma.
  - They see their role as mitigating stressors, building safety, trust and empowering workers.
- Current evidence suggests that trauma-informed, compassionate workplaces benefit the people who provide services as well as people who use services.

# CCE workshop

## Aims



To consider our needs as workers at work

Discuss the benefits - to workers and organisations - of trauma-informed and compassionate workplaces

Explore what compassionate and trauma informed leadership looks and feels like - for leaders and for workers

Take time to think about what compassionate and trauma-informed leadership might mean in real terms for your own team or service

Make space to think about your own needs as a compassionate leader

Identify your hopes for your team and your future intentions as a compassionate leader

# Upcoming Workshops



31 <sup>st</sup> January 2022	1.30pm – 4pm
14 <sup>th</sup> February 2022	1.30pm – 4pm
28 <sup>th</sup> February 2022	1.30pm – 4pm
17 <sup>th</sup> March 2022	1.30pm – 4pm
28 <sup>th</sup> March 2022	1.30pm – 4pm

## Via Microsoft Teams

### Facilitated by

Sharon Doherty, Staff Support Service

Kirsty McLean, Staff Support Service

Leah Dickson, Staff Support Service

Jayne Smith, Staff Support Service

Patrick Doyle, TPTIC

To register your interest, please contact

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