

# Compassionate Connected and Effective teams

## A training for managers and leaders

- This workshop aims to promote compassionate and trauma informed services and workplaces
- The workshop is open to managers and organisational leaders across NHS Fife, Fife Health and Social Care Partnership and Fife Council and Fife based third sector agencies
- 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).
- Read our Case study - [Finding Space for Compassion: Compassionate, Connected and Effective Team Workshops | Improvement Service](#)

# 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



20<sup>th</sup> Feb 2023

1.30pm – 4pm

13<sup>th</sup> Mar 2023

1.30pm – 4pm

**Via Microsoft Teams**

**Facilitated by**

Sharon Doherty, Staff Support Service

Patrick Doyle, TPTIC

To register your interest, please contact

[Fife.transformingtrauma@nhs.scot](mailto:Fife.transformingtrauma@nhs.scot)