



Wellbeing and Resilience: The Individual and the Team.

Wellbeing can be defined as “the state of being comfortable, healthy or happy”. Resilience can be defined as “an ability to recover from or adjust easily to misfortune or change”.

Strong performing teams rely on the motivation of the individual and the coherence of those individuals working together to achieve the objectives and aims of the organisation. Challenges and the need for change are inevitable, so individual and team resilience are another key ingredient.

During April and May, GPMPlus are offering four practical, **fully funded** courses **to help the individual and the team improve their wellbeing or resilience or both!**

Team Resilience – What you need for a flourishing team.

17th April – 9.30am-12.30pm. Fully Funded. Via Zoom.

This programme will provide practical tools and techniques to build team resilience, including the following:

- Appreciate where gaps may exist in the resilience of your own team and organisation.
- Understanding where best to deploy limited practice resources for maximum benefit.
- How to streamline and automate management processes to enhance job satisfaction for team members.

Suitable for GPs, partners, practice managers / senior managers, team leaders.

For more information and/or to book – click [HERE](#)

Personal Resilience.

23rd April – 9.30am- 1.30pm. Fully Funded. Via Zoom.

This programme is open to all members of the practice team, and will provide practical tools and techniques to build personal resilience, including the following:

- Defining what Resilience & Wellbeing are, and what they are not.
- Recognising symptoms of Burnout

- Introducing a Resilience Self-Assessment Tool

Suitable for anyone working within general practice.

For more information and/or to book – click [HERE](#)

Team Wellbeing – Huddles and Civility.

1st May – 12.30pm- 2.00pm. Fully Funded. Via Zoom.

This interactive course will explore ways in which you can improve the Practice Team's Wellbeing.

- Through practical exercises we will explore wellbeing activities that have proved useful in local practices.
- Explore the benefits of “Team Huddles” and the threat of “Incivility” within a team.
- You will leave with various activities for you to consider introducing in your own practice.

Suitable for GPs, partners, practice managers / senior managers, team leaders.

For more information and/or to book – click [HERE](#)

Personal Wellbeing.

3rd May – 9.30am- 11.00pm. Fully Funded. Via Zoom.

This course will help you explore your own wellbeing and discuss how you can maintain your wellbeing through evidence-based approaches and practical exercises.

Suitable for all members of the practice.

For more information and/or to book – click [HERE](#)

Our full course timetable for April, May and June is available – [HERE](#). Courses can be accessed free of charge, thanks to funding from NHSE (there is an optional charitable donation of £10). They are delivered by experienced GPs and practice managers and they give you the tools, methods and ideas to help build the individual, the team and the practice.

The booking system now asks account holders to enter an authentication code. If you are not comfortable with this, or for any other reason, you can book directly by emailing Tim Bennett at tim.bennett@yorlmcld.co.uk or call 01423 879922