

BITESIZE ACTIVE LISTENING TRAINING: REACTMH®

References: Marchonstress.com, Mindtools.com, NHS digital

In an increasingly 'VUCA' (volatile, uncertain, complex & ambiguous) world, active listening is rising in importance as a key component of leadership and workplace success.

- COVID-19 has exacerbated pre-existing concerns around the NHS workforce, whether it's recruitment & retention or diversity & inclusion
- Anxiety, stress and depression are still consistently the main causes of sickness absence amongst NHS staff
- The NHS people plan ambition is annual wellbeing conversations

March on Stress has developed a short workshop for supervisors to allow them to have a 'psychologically savvy conversation' with their teams, identify those struggling and signpost them for further support. The length of the session (just 90 minutes) means that busy staff can access the training and it can be as widespread as possible throughout organisations.

PLEASE REGISTER FOR ONE
OF THE BELOW DATES:

Monday 6th September 2021

- 09:00 - 10:30 - [click here to register](#)
- 11:00 - 12:30 - [click here to register](#)

Wednesday 8th September 2021

- 13:30 - 15:00 - [click here to register](#)
- 15:30 - 17:00 - [click here to register](#)

Tuesday 14th September 2021

- 09:00 - 10:30 - [click here to register](#)
- 11:00 - 12:30 - [click here to register](#)

Wednesday 22nd September 2021

- 13:30 - 15:00 - [click here to register](#)
- 15:30 - 17:00 - [click here to register](#)

Friday 24th September 2021

- 09:00 - 10:30 - [click here to register](#)
- 11:00 - 12:30 - [click here to register](#)

Monday 27th September 2021

- 13:30 - 15:00 - [click here to register](#)
- 15:30 - 17:00 - [click here to register](#)



BROMLEY EDUCATION
AND TRAINING HUB

Once registered you will receive a confirmation email with further details on how to join this training on the day. This includes the zoom link, meeting ID & Passcode and some pre-course reading.

Attachments required for the day will be sent a few days prior to the start of the session.