



Connecting as a remote team – Live Webinar

3 external CPD points

Introduction

Since the pandemic, many of us are now working remotely, or at least for some of the time. The way we do conduct our working lives has had to change. This webinar focuses on caring for ourselves, but the emphasis is also about caring for the others within our team/department and staying connected.

Connecting with each other

Ambiguity and Self-Management

Responsiveness

Empathy

Course Structure

- **2.5 hour webinar**

Webinar Objectives

- Revisit where we are as a Department/Team in connecting and supporting our colleagues
- during challenging times
- Leading and being part of a team during prolonged periods of absence – what strategies can be put into place?
- Understand our emotional responses - key components of Emotional Intelligence including the 'feelings grid'
- Strategies to handle pressure and stress in the moment and revisiting empathy with others
- during uncertain times

To book or enquire about this programme please contact us:

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