

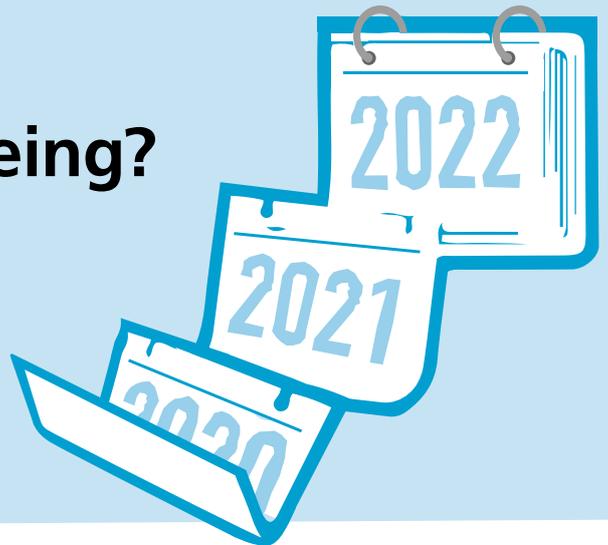
Two years on from COVID-19

What have we learned
about workforce wellbeing?
Where next?

Virtual conference

7th March

10.00am – 4.00pm



Please join us for this virtual conference exploring the common themes affecting staff wellbeing across Bristol, North Somerset and South Gloucestershire.

All NHS Health and Care staff welcome. The discussions will be especially relevant for leaders, managers, and well-being managers/champions.

Sessions will focus on positive and practical strategies, including:

- Managing change and uncertainty in health and social care workplaces.
- Managing stress and anxiety at work.
- Recognising moral distress and burnout in each other and ourselves.

We will also introduce the Healthier Together Support Network – who we are and how we can help your teams.

To book your place go to:

Training and Workshops - Healthier Together
(bnssghealthiertogether.org.uk) or call: 0117 342 4740

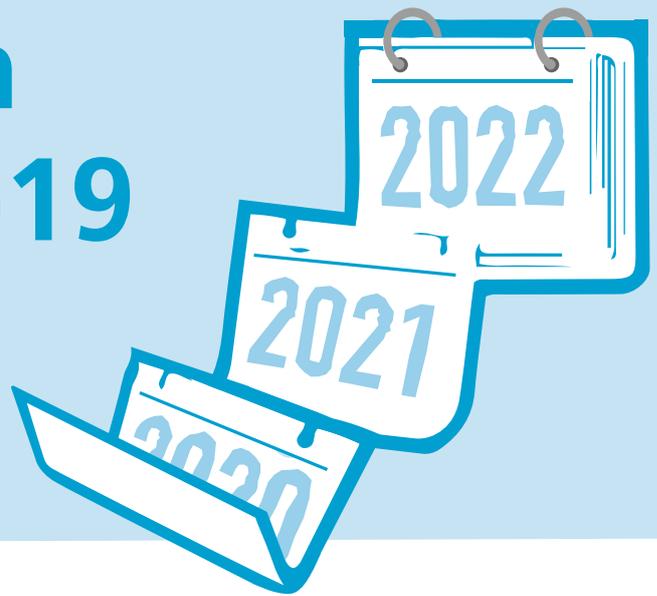
Healthier Together **Support Network**

*your wellbeing
matters*

Two years on from COVID-19

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7th March



Agenda

10:00-10:20

An introduction to the Healthier Together Support Network – who we are and what we offer.

10:25-11:10

Asking for help: Themes arising in workforce wellbeing across Bristol, North Somerset and South Gloucestershire.

11:10-12:00

Managing change and uncertainty in health and care.

14:00-14:45

Moral Distress and burnout – recognising it in ourselves and others.

14:45-15:25

Introduction to the Healthier Together Support Network trauma consultation service.

15:25-15:55

Question and Answer session.

You are welcome to join for the whole event or just join individual sessions that interest you. The same link will be used for the entire day allowing you to dip in and out.

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