

“Performance is more about the mind than the body”



COGNITIVE SKILLS FOR NHS PROFESSIONALS WORKSHOP: THRIVING NOT SURVIVING IN THE NHS

Improving performance and wellbeing

WILL THIS WORKSHOP BENEFIT ME?

Everyone feels the effects of work place pressures but what sets successful Leaders apart, is how they deal with it. Taking research from: Positive Psychology Sports Psychology, Neuroscience and Resilience, we have developed a workshop that will help Leaders cope better with workplace pressures and not just survive, but thrive.

If you want to feel more:

- In control and optimistic
- Focused and determined
- Confident making business decisions
- Comfortable recognising and eliminating self-imposed limitations on your ability to succeed
- Able to challenge and manage your pressures effectively

If you can tick at least two of these boxes this workshop will certainly benefit you.





WHAT WILL THE WORKSHOP COVER

Our 'Thriving Not Surviving' workshop has been designed for Leaders who work in high pressured environments where they are expected to consistently maintain high levels of work performance.

Course content has been developed specifically for Leaders and taken from aspects of neuroscience and positive psychology; including mental toughness, resilience, hardy personalities and growth mind-sets.

The workshop has been designed by an Occupational Psychologist (chartered by the British Psychological Society and registered with the Health and Care Professions Council) with over 25 years experience in delivering workplace training, consultancy and coaching centred on: wellbeing, high performance and cognitive skills development.

WHY FOCUS ON PERFORMANCE & WELLBEING?

The time for just surviving is over. The fast pace of work with unrelenting demands, constant change and limited resources, places considerable pressure on Leaders.

Estimates from Public Health England put the cost to the NHS of staff absence due to poor health at £2.4bn a year – accounting for around £1 in every £40 of the total budget. (NHS England 2015).

Leaders who have enhanced their cognitive skills are more resilient when under pressure, have higher productivity levels, greater wellbeing and less sickness absence/presenteeism.

For more details contact:

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