



GIG  
CYMRU  
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WALES

Addysg a Gwella Iechyd  
Cymru (AaGIC)  
Health Education and  
Improvement Wales (HEIW)

# Professional Support Unit

## HEIW

# Workshops and Webinars 2021

# Active Bystander Training

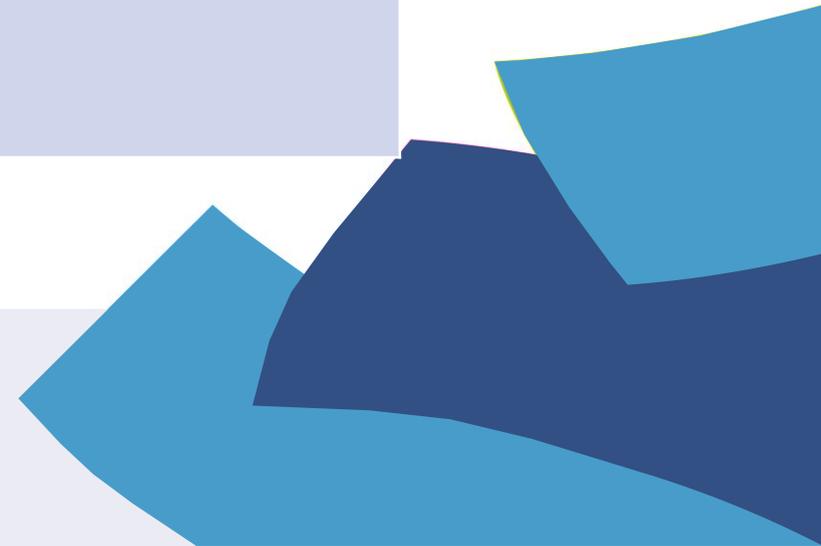
Audience	Dates	Title	Description	Aims & Objectives
<b>Faculty &amp; Trainees</b>	<b>05/05/21:</b> 6:30pm – 8:30pm	<b>Developing</b>	Webinar or face to	<ul style="list-style-type: none"> <li>• What does it mean to be an Active Bystander?</li> </ul>
	<b>07/07/21:</b> 12:30pm – 2:30pm	<b>Diverse</b>	face teaching	<ul style="list-style-type: none"> <li>• Difference between noticing behaviour and doing something about it</li> </ul>
	<b>To book please contact:</b>	<b>Workforce for</b>	which considers	<ul style="list-style-type: none"> <li>• Barriers to intervention</li> </ul>
	<b><a href="mailto:HEIW.professionalsupport@wales.nhs.uk">HEIW.professionalsupport@wales.nhs.uk</a></b>	<b>Global Diverse</b>	why we need	<ul style="list-style-type: none"> <li>• How to intervene safely</li> </ul>
	<b>To book please contact:</b>	<b>Patient Groups -</b>	active bystanders,	
	<b><a href="mailto:HEIW.professionalsupport@wales.nhs.uk">HEIW.professionalsupport@wales.nhs.uk</a></b>	<b>Active</b>	who they are and	
		<b>Bystander</b>	what they do.	
		<b>Training</b>	Be an ally – learn	
		2 Hour Webinar	how you can	
		<b>2 CPD points</b>	become an active	
			bystander.	

# Addressing Differential Attainment

Audience	Dates	Title	Description	Aims & Objectives
<b>Faculty and Trainees</b>	<p>12/05/21: 1pm - 2pm            19/05/21: 1pm - 2pm            17/06/21: 1pm - 2pm            02/07/21: 1pm - 2pm</p> <p>To book please contact:  <a href="mailto:HEIW.professionalsupport@wales.nhs.uk">HEIW.professionalsupport@wales.nhs.uk</a></p>	<p><b>Developing Diverse Workforce for Global Diverse Patient Groups – Addressing Differential Attainment</b></p> <p>1 Hour Webinar  <b>1 CPD point</b></p>	<p>Webinar or face to face teaching which looks at the who, what and how of Differential Attainment before moving on to consider the system, institutional and importantly individual interventions that make a difference.</p>	<ul style="list-style-type: none"> <li>• What is DA?</li> <li>• Who does DA affect?</li> <li>• What is the effect?</li> <li>• What is HEIW doing about DA?</li> <li>• What can you do about DA?</li> </ul>

# Crucial Conversations

Audience	Dates	Title	Description	Aims & Objectives
<b>Faculty &amp; Trainees</b>	<p><b>09/06/21:</b> 1pm – 2pm</p> <p>To book please contact:  <a href="mailto:HEIW.professionalsupport@wales.nhs.uk">HEIW.professionalsupport@wales.nhs.uk</a></p>	<p><b>Crucial Conversations: Giving and receiving feedback</b></p> <p>1 Hour Webinar  <b>1 CPD points</b></p>	<p>Webinar or face to face teaching where we consider feedback conversations, why they're crucial before moving on to the format and technique for success.</p>	<ul style="list-style-type: none"> <li>• An exploration of how crucial conversations are defined</li> <li>• Why feedback is important</li> <li>• Why we worry about feedback and the skills in receiving feedback.</li> </ul>



# Minimising Imposter Syndrome

Audience	Dates	Title	Description	Aims & Objectives
<b>Trainees</b>	<b>26/05/21:</b> 7pm – 8pm	<b>Minimising Imposter Syndrome Webinar</b>	Imposter syndrome is the feeling of being a fraud, despite evidence to the contrary.	<ul style="list-style-type: none"> <li>Recognise signs of Imposter syndrome</li> </ul>
	<b>21/07/21:</b> 1pm – 2pm			
	<b>To book please contact:</b> <a href="mailto:HEIW.professionalsupport@wales.nhs.uk">HEIW.professionalsupport@wales.nhs.uk</a>			

# Keeping Well

Audience	Dates	Title	Description	Aims & Objectives
<b>Trainees</b>	<b>To book please contact:</b> <a href="mailto:HEIW.professionalsupport@wales.nhs.uk">HEIW.professionalsupport@wales.nhs.uk</a>	<b>Keeping Well Webinar</b>  1 Hour	Participants consider their wellbeing, identify the resources they already use and discover new tools.	<ul style="list-style-type: none"><li>• Participants' reflections on challenges and 'silver linings'</li><li>• Tools and Resources to maintain and improve wellbeing</li><li>• An overview of the PSU team and services</li></ul>

# Unconscious Bias

Audience	Dates	Title	Description	Aims & Objectives
<b>Faculty &amp; Trainees</b>	<p><b>Please note this is delivered from an external source on the following dates only:</b></p> <p><b>10/05/2021:</b> 2pm - 4:30pm</p> <p><b>20/05/2021:</b> 10am -12:30pm or 2pm - 4:30pm</p> <p><b>08/06/2021:</b> 10:00am - 12:30pm</p> <p><i>When booking a date please confirm which time is required:</i></p> <p><a href="mailto:HEIW.professionalsupport@wales.nhs.uk">HEIW.professionalsupport@wales.nhs.uk</a></p>	<p><b>Unconscious Bias</b></p> <p>2.5 Hours each</p> <p><b>3 CPD points</b></p>	<p>Everyone has subconscious biases. They are simply the brain's way of coping with and categorizing all the information we receive every day. Our tendency to discriminate against a group or type of person may not be intentional, but we can still do something to change it. The more we expose ourselves to ideas, images and words that challenge negative stereotypes, the less discriminatory we will be.</p>	<ul style="list-style-type: none"> <li>• Defining unconscious bias</li> <li>• Recognising the 'science' behind unconscious bias</li> <li>• Identifying personal and business reasons to tackle unconscious bias</li> <li>• Understanding organisational and individual biases and assessing their impact</li> <li>• Identify the equalities issues associated with unconscious bias, and how to take them into account</li> <li>• How unconscious bias can affect judgement when dealing with others</li> <li>• Identifying strategies to minimize the impact of biases</li> <li>• Creating personal strategies to minimise the impact of our own biases using a diagnostic tool/frame</li> <li>• Work</li> </ul>

# Maintaining your Strength & Wellbeing

Audience	Dates	Title	Description	Aims & Objectives
<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Trainees</p>	<p>To book please contact:  <a href="mailto:HEIW.professionalsupport@wales.nhs.uk">HEIW.professionalsupport@wales.nhs.uk</a></p>	<p><b>Maintaining your Strength &amp; Wellbeing Webinar</b></p> <p>1.5 Hours</p>	<p>An overview of the PSU team and service, observations on Certainty vs. Uncertainty and the 3 Step approach to dealing with Challenges.</p>	<ul style="list-style-type: none"> <li>Focusing on Tools and Resources to maintain and improve wellbeing including: 'Reframing' to recognise and appreciate positive aspects of situations, noticing energy levels by using an 'Energy Log' / keeping an energy 'credit balance' and a mindful breathing exercise to create opportunities for calm.</li> </ul>

# Resources

All PSU resources are available  
on  
<https://psu.walesdeanery.org/>



# Contact us on:

## Professional Support Unit

Health Education and Improvement Wales (HEIW)

Ty Dysgu, Cefn Coed, Nantgarw. CF15 7QQ UK

Mobile +44(0) 7900191933

Email [HEIW.professionalsupport@wales.nhs.uk](mailto:HEIW.professionalsupport@wales.nhs.uk)

Twitter @LeonaAWalsh