

Session 1: Starts at 10:00am

Join us for a refreshing and uplifting few hours as we are joined by Steve Head, a Keynote speaker, inspirational trainer, coach and author.

A dynamic speaker who has assisted organizations, teams and individuals deliver sustained personal and business success, and is currently one of the most sought-after performance coaches in the UK.

You will experience a fast paced interactive and practical session with a focus on personal and staff motivation under pressure which will build self-esteem and confidence in yourself and raise your self-awareness. You are encouraged to ask friends, family (age 15+) or colleagues to join you round the computer if you wish.

Session 2a: Starts at 1:30pm

Grab a coffee and join the team as we pause for a moment of quiet reflection as we acknowledge the loss, change and challenges we have faced in the past year.

This spiritually neutral session, overseen by Rev Canon Anne Edwards, Chaplaincy and Spiritual Care lead, Greater Manchester & Eastern Cheshire Palliative & End of Life Care Advisory Group with guest speaker, Tony Bonser, Patient Carer representative, member of the End of Life Care Patient Experience workstream, is intended to honour you, us and everyone in the world who has been affected by the global pandemic.

Session 2b: Starts at 2:00pm

As we proceed through our day of reflection and motivation, it's important to acknowledge that even under difficult circumstances, the professionalism of front line health & care staff resulted in some innovative and positive adjustments, so stay with us as a few of our colleagues share some of the successes which have developed in recent months and supported palliative care patients and those close to them.

Session 3: Starts at 2:55pm

In acknowledging the difficulties faced by us all in the past year It's important that we are aware of what help, or assistance is available should you need it.

Greater Manchester Health & Social Care Partnership have worked to ensure that all staff can access a health and wellbeing package. This will be complimented by a presentation from the GM Resilience Hub who will describe how they can support you as an individual or as a team. GM Bereavement will also join this presentation to guide us through the service available for anyone bereaved or affected by death, so please stay with us for this session to hear about some of the practical support available to you.