

London Leadership Academy

# NEWSLETTER

December 2019



## Dulci Jubilo

Heading towards the festive season in **dulci jubilo** Latin for "In sweet rejoicing" had a poignant meaning in 2019, having been diagnosed with hypertensive crisis on the 17 December 2018. Last Christmas was a blur as the doing part of my brain took over, questioning why me and where had this come from. The support of my wife, family, friends and a fabulous GP, brought my mind, body and soul back into balance during 2019.

I'd underestimated the need to listen to what my body was telling me about stress, anxiety and like we all do kept stepping on to the daily treadmill. I took time off work and calmed the busyness of my doing mind and started to understand what the tranquillity of being in the present was all about. For a maturing northern born man, it was a challenge to seek the help of a counsellor and making time to discover mindfulness meditation, yoga, creating new habits and hobbies: designing web pages and playing the drums. To be given a second chance really is my **dulci jubilo**



*With best wishes,*  
**Keith Whitburn**  
Leadership Development Manager

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## Latest News

### Healthcare Leadership Model



Do you have the self confidence to question the way things are done in your area of work? The Healthcare Leadership Model is made up of 9 dimensions which you can explore in your own time, at your own pace. Download it today.

[DOWNLOAD PDF](#)

### Begin your Leadership journey on the Edward Jenner Programme



Are you beginning your leadership journey? Our Edward Jenner programme helps you develop the necessary knowledge & skills to be the best leader you can be. If you're new to health and care or an aspiring leader, this is your introduction to healthcare leadership. Find out more via the link.

[CLICK FOR INFO](#)

### #WonderfulWomenDo



Join the campaign on Twitter using the hashtag #WonderfulWomenDo to support and celebrate women working in health and care who can, and already do, lift up and support those around them and break down the barriers to true equality and inclusivity in the workplace.

Whatever your role in health and care, this is a chance to thank those that have inspired you and made an impact on your career and help to spread a wave of hope and positivity across the health and social care sector.

[CLICK FOR INFO](#)

### Leadership for Personalised Care Programme

Making personalised care happen calls for new types of leaders who can work across organisational boundaries, make connections and bring staff, people and communities together to drive change.

This programme is a team offer for 3-6 people and is designed to give you the skills to help you develop expertise in partnership working across boundaries to make this a reality in the NHS as set out in the Long Term -Plan.

To find out more, and how to apply, please email Eren by 17th January 2020

[EMAIL ERAN FOR INFO](#)

### Developing ideas to change practice - Supporting your innovations

Our *Leading from the Edge* initiative will support people working in health and social care to tap into their entrepreneurialism and heartfelt ambitions to do things differently.

This practical session offers 20 places for groups of up to five people from each single organisation or system to collaborate in a supportive context to develop and deliver a shared outline idea for change.

We are currently seeking expressions of interest for the programme that will run in Feb 2020. Contact us now!

[EMAIL MARK FOR INFO](#)

### BME Network of Networks Event

Calling all Chairs of BME Networks across London NHS Trusts and Organisations.

On the 16th December we will be holding an event looking at how to change the 'BME Agenda in London', our guest will be John Brouder, Specialist Advisor within the Diversity and Inclusion area.

If you have not already booked your place, please email Samantha to register your attendance before the **13th December**.

**This event is for BME Network Chairs or D & I Leads only.**

[EMAIL SAMANTHA FOR INFO](#)

## Book Now

### The Power of Coaching Techniques in Primary Care

**Date:** 08 January 2020  
**Date:** 29 January 2020  
**Time:** 09:30 to 16:30  
**Venue:** TBC - Central London venue  
**Target Audience:** Primary Care

For PCNs operating in the context of increasing complexity and ambition requires the ability to build relationships, listen, talk openly, & truly collaborate. This programme offers an opportunity to shift from 'problem-solver' to 'coach', to develop these vital coaching skills which can build confidence, develop non-clinical leadership skills and support change.

The programme, led by **Practive**, consist of two workshops and follow-up sessions to reconnect with colleagues and sharpen your skills.

[BOOK NOW](#)

### Nice is not Enough CPD

**Date:** 21 January 2020  
**Time:** 09:30 to 17:00  
**Venue:** Room 25, Stewart House, 32 Russell Square, WC1B 5DN  
**Target Audience:** ConneX Coaches & Mentors

Coaches are often very good at support but more uncomfortable with challenge.

This interactive workshop will explore the subject of challenge in coaching and enable you to identify what holds you back from challenging your coachees in an appropriate and effective way. It will help you identify your own 'script' around support and challenge as well as reflecting on different approaches to challenge.

There will be co-coaching opportunity to explore our own stretch around this topic.

[BOOK NOW](#)

### Existential Approach to Coaching

**Date:** 27 February 2020  
**Time:** 13.00 to 16.30  
**Venue:** TBC - Central London venue  
**Target Audience:** ConneX Coaches & Mentors

A multi-disciplinary leadership programme to translate vision into impact.

You will be introduced to an existential approach to coaching that is based on the premise that uncertainty is something we can rely on. You will use practical exercises to demonstrate its application. This perspective bases its approach on the assumption that life is uncertain and that is the one thing that we can rely on. As human beings, we all share the experience of facing and confronting the uncertainties of living and our experience of uncertainty can provide a sense of unease or anxiety.

[BOOK NOW](#)

## Join In

To join our different leadership networks please click on the icons below. You can also request coaching, mentoring or 360 facilitation to help support you on your leadership journey.



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