



London Leadership Academy

Connecting the System

London Leadership Academy Leadership Roadshows 2017

From December, the London Leadership Academy will be touring the capital in our new Regional Roadshow series where we bring a taster of our high-quality leadership workshops to your workplace.

Empowering leaders to connect across the health and care system is crucial to ensure the future delivery of our service. Leaders who develop, connect and share across organisational boundaries will be able to innovate to meet current challenges.

A workshop will be held in each of the five STP geographies (North West London, North Central London, North East London, South East London, South West London) to enable staff on the frontline of service to take time and space, to develop themselves as leaders, to connect with others facing similar challenges in their STP patch.

This is a chance for you to take advantage of the LLA's leadership development offers and to connect with others across your organisation and beyond. These workshops are particularly targeted at frontline leaders who don't often get the opportunity to take time and space for themselves. **Click here** to see where we are visiting. If you would like to host the LLA in your organisation, email LondonLeadershipAcademy@hee.nhs.uk or sign up to the LLA newsletter to hear about our latest offers.

Click to watch the video



“Don't be so hard on yourself, give yourself time to really grow into a role. Ask for help.”

London Women Leadership Network discusses challenges and give advice





South West London Leadership Workshop

Resilience: Your Mindset, Your Choice

Rebecca Howard, Shiny Mind

12th December, 15:00 – 18:00

St George's Hospital Foundation Trust - Hyde Park Room, Located on the
1st floor of Lanesborough Wing, St George's Hospital, Tooting, SW17 0QT

Rebecca Howard FRSA is a multi-award-winning entrepreneur, leadership psychotherapist, psychotherapeutic executive coach and experienced trainer and facilitator with extensive experience working with the NHS - in leadership development, mindset and resilience, authenticity, self-compassion, storytelling, confidence, performance, NLP and organisational culture. Rebecca is a Master Practitioner and certified trainer in Neuro-Linguistic Programming (NLP).

'Resilience: Your Mindset; Your Choice' is a practical, challenging and empowering mindset programme developed around a new psychotherapeutic model of change, based on our 'ABLE' model. The programme helps people understand that they are ABLE to create a resilient mindset, that it is a choice whether or not to be resilient, and that it is their mindset approach to a situation - not the situation itself - which determines whether they are resilient.

Attendance will help individuals remove thinking blocks so they can understand their current situation and responsibility for being in it so they are able to make new and more resourceful choices. The workshop covers foundations and principles of NLP and blends them with the psychology of identity and authenticity. Its uniqueness comes from the fact that it is created with a psychotherapeutic

approach which enables a deeper level of discovery and reflections at identity level for those who attend.

This workshop is hosted by St George's Healthcare Trust and is open to attendees at the following organisations:

- St George's Healthcare NHS Trust
- Epsom and St Helier Hospitals NHS Trust
- Croydon Health Services NHS Trust
- South West London & St George's Mental Health NHS Trust
- Kingston Hospital NHS Foundation Trust
- Hounslow and Richmond Community Healthcare NHS Trust
- South West London CCGs and Community

To book your place please [click here](#)
or email LondonLeadershipAcademy@hee.nhs.uk