

Resilience and Recovery Webinar Series

Delivered virtually via MS Teams

Teaming up with We Are Lightbox, this webinar series is the first in a multifaceted offer of support for resilience in crisis, and navigation towards recovery and regeneration.

Although self-care and wellbeing is such a hot topic right now, it's difficult to pause for breath at times like this, let alone dedicate serious time to reflection and structured development. Taking account of our contemporary working environment, this series has been designed to interlink with a lunch break so you can take a breath, go for a walk and simply listen whilst taking some time to recuperate.

This series of short-burst webinars delivered via MS Teams (so you can join via the mobile app if you'd like to be active), focus on personal and team wellbeing management. They not only offer tips and techniques to embed healthy habits but also highlight the psychological processes we are experiencing at the moment, providing a science-based rationale to why we feel the way we feel and therefore working on mechanisms to break and reverse psychological circuits.

Target audience

This webinar series is ideal for anyone who is interested in what research reveals about alternative routes to mental resilience and recovery. All three of the Resilience and Recovery webinars are 30 minutes long, perfect for fitting into a break.

You have the flexibility to attend some or all of the events; just follow the respective links below for the webinars you'd like to join.

Webinar 1 - 23rd March 12.30-13.00 - [Click here to sign up.](#)

The attention Restoration theory and the surprising medical benefits of time spent in nature.

Webinar 2 - 6th April 13.00-13.30 - [Click here to sign up.](#)

Insights on Inflammation and Improved Mental Wellbeing.

Webinar 3 - 10th May 13.30-14.00 - [Click here to sign up.](#)

The parasympathetic nervous system and how breath can be the ultimate tool in stress management.

Register your place:

To obtain a place you will need to register by clicking on the preferred date within the flyer above, the dates are hyperlinked to our booking system. Places will be allocated on a first-come, first-served basis. Once registered, your place is confirmed.

When partnering with development providers, a fee is paid for their services, and although this fee is not passed on to you, by registering you will be signing up to a place that somebody else could fill. If you need to cancel, please notify us by emailing leadership.SW@leadershipacademy.nhs.uk at your earliest convenience to ensure your place can be taken up by somebody on the waitlist.