



CARE  
DEVELOPMENT  
EAST



# Resilience Training for Care Managers

**10am - 2pm (Lunch and refreshments are available)**

The aim of this training event is to provide managers with the opportunity to explore how best to increase their resilience and model this with their staff leading to happier and healthier workplaces.

## Planned outcomes

By the end of this training event, participants will have:

- Defined and understood what resilience is
- Considered what supports and undermines resilience
- Looked at default behaviours and how to change them
- A range of tools and techniques to help build own and others' resilience
- Greater ability to recognise early warning signs within themselves and their staff
- Explored how to embed resilience in workplace practices

## Content

- Defining resilience
- Some alarming statistics
- Developing greater resilience as a person, manager and across your organisation
- Leadership styles, personality and emotional responses
- Healthy and unhealthy stresses
- Developing a resilient culture

## About the facilitator

Christine Laverock is an experienced independent trainer, group facilitator, coach and mentor based in Woodbridge, Suffolk. She runs an Institute of Leadership and Management (ILM) centre offering qualifications in management and leadership. She has become increasingly concerned about how pressures from external inspection agencies, developments in technology and approaches to work generally are having a negative impact on managers' mental health, wellbeing and emotional resilience. She has researched and developed tools, techniques and approaches to address this which she enjoys passing on to others to support them in their roles.



Promoting excellence in care and health

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## Who should attend this event?

Anyone working in the care sector with responsibility for these areas.

## Venues & Dates



**30 April 2019** 10am - 2pm

IP City Centre,

1 Bath Street, Ipswich, Suffolk, IP2 8SD



**15 May** 10am - 2pm

The Kirkley Centre,

154 London Road South,

Lowestoft, Suffolk, NR33 0AZ

**Please tick boxes of courses you wish to attend**

## Cost

£25 per person payable on booking.

Lunch and refreshments provided.



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## How to book

Please return this registration form to:

Unit 9, Norfolk House, Williamsport Way,

Lion Barn Industrial Estate, Needham Market, Suffolk IP6 8RW

Or email to: [conferences@caredevelopmenteast.co.uk](mailto:conferences@caredevelopmenteast.co.uk)

Please include a cheque for your full booking amount made payable to: The Suffolk Brokerage Ltd.

Please ensure you provide a telephone number for us to contact you for a payment.

## Confirmation of booking

All bookings will be confirmed in writing once payment has been made.

*Please note payments are non-refundable or transferable.*

Mr Mrs Miss Ms .....

First name ..... Surname .....

Job Title .....

Organisation .....

Address .....

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.....

Telephone..... Email.....

Dietary information:  Vegetarian  Vegan  Food Allergies - please state .....

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In order to manage and record your booking, attendance, and award of training qualification, where applicable, we store and process your personal data and information on secure IT systems. We will associate this booking with other data we hold about you and the attendee, where applicable. We may need to share some of your information with partners in order to deliver the service that you have requested. We do not sell or share your identifiable data with third parties for marketing purposes. If you do not wish us to retain your data after completion of the event onto which you are booking please tick the box

Care Development East is an independent, non profit making organisation dedicated to raising care standards in Suffolk by providing impartial advice, guidance and information to support the county's health and social care sector.