Resilience Based Clinical Supervision ECHO Network

Session 4: Resilience Based Clinical Supervision Community of Practice

27 April 2022
# Agenda

<table>
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<th>Item</th>
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<tr>
<td><strong>Welcome overview of agenda Anita Hayes</strong></td>
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<td>• safe space agreement</td>
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<td>• Check-in</td>
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<td>2 mins each – name hospice and a success and a challenge</td>
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<td>• Overview on the model – and review of any themes picked up in the check-in</td>
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<td>Grace Cook, FoNS</td>
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<td>• Grounding</td>
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<td>Jo Odell, FoNS</td>
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<td>• Break out rooms</td>
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<tr>
<td>In three’s practicing reflective element by active listening (8 mins each)</td>
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<td>Note any observations you would like to share</td>
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<td>• Endings</td>
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Safe Space Agreement

Grace Cook,
Resilience Based Clinical Supervision (RBCS)
Programme Manager and Lead Facilitator
Safe Space agreement

- Respect your fellow participants and their views
- Be honest
- Keep discussion confidential
- Be kind to one another
- All questions are welcome
- Be curious
- Actively participate
- Be present
- Be non-judgemental
- Respect and understand that our clinical environments whilst being similar are very different
Overview of the Model

Grace Cook
Resilience Based Clinical Supervision (RBCS) Programme Manager and Lead Facilitator
Grounding

Jo Odell
Practice Development Facilitator
Inspire Improvement Programme
Foundation of Nursing Studies

www.hospiceuk.org
Break out practice
Break out practice

30 minutes

In three’s practicing reflective element by active listening (8 mins each)

Note any observations you would like to share
Endings
Check-in ideas

Charlie Jones @charlie_psych posted this on Twitter:

*Team meeting tomorrow. We always start with a check in, a 'round' of how's everyone doing. Think we have good relationships, but everyone's tired, tired of being tired, & even doing the check in feels a bit weary, a bit same-y week to week. Thinking of what we could do differently.*

The answer was a deluge! We’ve put them together in one handy place – perhaps you’ll find something to shake up your meetings!

*Some check-in ideas*
Before you go…

Let us know your feedback via this survey:

https://www.surveymonkey.co.uk/r/RBCS27-04
Next Session

Date: 17\textsuperscript{th} May 2022

Time: 10:00 – 11:30

Topic: TBC

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