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Supporting the team through difficult times
whilst looking after yourself

Janet Monkman, AHCS CEO



Checking In



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Why Me? My story.

My mission today!





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Survival Skills!

Janet Monkman, AHCS CEO



What I hope to do with you today.



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- Find out about your Hobbies
- Exercise 1 Anchoring.
- Exercise 2 Modelling.
- Get to know your own mind.
- The power of positivity for you and your team.
- Signposting.



What I want to leave you with.



- Personal Resources.
- Leadership considerations.
- Team appreciation activities.
- Know that you are appreciated



Anchoring



- Exercise
- How this technique can help you



Modelling



- Exercise
- How this technique can help you



Perceptual positioning or The Empty Chair



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- Exercise
- Description
- How this technique can help
- How it helped me
- The value of a coach



Transformational Positive Thinking



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- Notice and reframe negative thought.
- Practice gratitude, take time to acknowledge the good things in life
- Be kind to yourself
- Do something good for others
- Laugh
- Check your hobbies



And Your Team and others



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- Positive attitude team building activities to boost morale
- Tricky
- The sorts of things
- Crystal Ball....hopes, dreams and aspirations
- Appreciation shower.....highlight each others strengths and achievements



Evaluation



- What can we take away from this session?
- How can we apply these techniques to our own personal circumstances?
- How did you feel before the session vs. after the session?





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I appreciated your
input today.
Thank you

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What is NLP?



- NLP can help people to better understand their thoughts and emotions.
- NLP uses perceptual, behavioral, and communication techniques to make it easier for people to change their thoughts and actions through reframing situations.
- NLP relies on language processing .
- NLP was developed by Richard Bandler and John Grinder, who believed it was possible to identify the patterns of thoughts and behaviors of successful individuals and to teach them to others.



How can NLP techniques help you?



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NLP offers a wide range of strategies and techniques that allow individuals to improve their health and mental, emotional and physical wellbeing.

Improve your abilities to:

- Manage stress
- Communicate with others
- Overcome fears
- Have more positive outlooks on situations
- Deal with negative thoughts
- Get back into control
- Reframe difficult situations



Useful Reading and Resources



Below are a list of helpful resources if you may be interested in reading more into NLP and wellbeing.

Apps:

- **Unmind**

- Free for NHS Staff

- **Headspace: Healthcare**

- Free access for NHS Staff, with a focus on mindfulness and meditation to support mental well-being.

Reading:

- **NLP and Coaching for Healthcare Professionals: Developing Expert Practice**

- By Suzanne Henwood and Jim Lister

- **Emotional Intelligence at Work, psychologist Dr Jo Maddocks**

- Resilience



Useful Reading and Resources



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Websites:

- [Home – Mind](#)
- [Wellbeing Support | Activities & ideas | British Red Cross](#)
- [The importance of resilience in the NHS right now | NHS Professionals](#)
- [Health and Wellbeing | NHS Professionals](#)
- [NHS England](#)

Videos:

- **Laurel Braitman: The mental health benefits of storytelling for health care workers**

