

# Watch Again Your September - November Boxset



LEARN

ADAPT

CREATE

SHARE

Catch-up on events you have missed this quarter and **attain CPD\* and HPL points by catching up.**

\*CPD points available where content has been accredited by the CPD Certification Service.

[www.ihm.org.uk/media/Watch-Again](http://www.ihm.org.uk/media/Watch-Again)

# HPL FRAMEWORK

From the Institute's foundation in 1902, the aim of the IHSCM has been to support and encourage the development of our members. **The High Performance Leadership Competency Framework is a modular approach to professional development** which members can access and engage with as appropriate to their role, interests, and career progression.

The framework focuses on leadership behaviours and skills, consistent with the **IHSCM code of practice**.

All content and events that are part of the framework will demonstrate their points value, and completion of a task or attendance at events will entitle you to collect these points, add them to your e-portfolio, and keep track of your progress.

**Every year, you can achieve a Bronze (50 points), Silver (125 points) or Gold (200 points) High Performance Leadership Competency Framework Award.**

This is a voluntary initiative that runs yearly from 1st February to 31st January the following year, and we hope you enjoy working towards the 5 competencies:



**Me, myself and I.**

**Content focused on values, principles and personal development – the internal soundtrack of leadership.**



### **Leadership excellence.**

**Content focused on boosting trust & engagement, team leadership dynamics, goal setting & fulfilment, mentoring & coaching skills development, mediation, and organisational psychology.**



### **Workforce.**

**Content focused on monitoring and boosting wellbeing, recruitment & retention skills development, data modelling, training & development, equality, diversity & inclusion, and leading organisational change.**



### **Innovation.**

**Content focused on boosting innovation processes and pathways, identifying new ways of working, change management processes and techniques, greener care and environmental sustainability.**



### **Operational leadership.**

**Content focused on means by which our citizens can be best served by health & social care.**

# September



Join us for an insightful PowerHour session on Innovative Care Solutions: Contracting & Technology for Better Health; we are bringing you presentations from 2 speakers for this event!

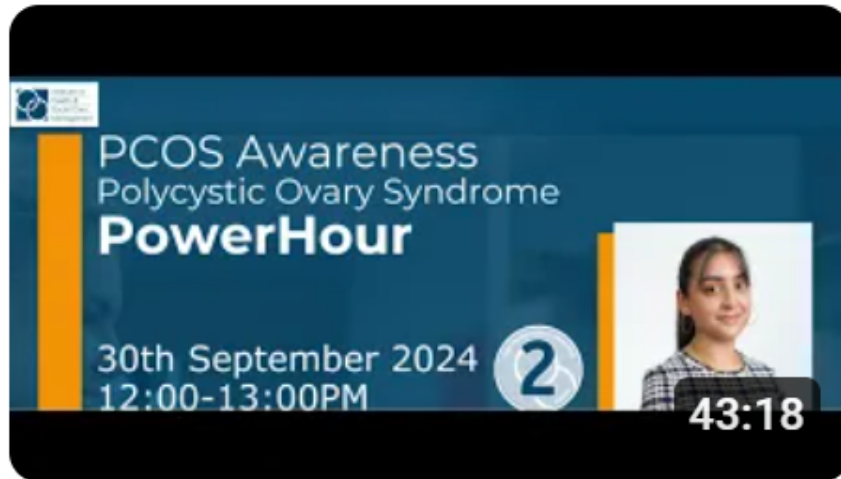
Mark Slaney, Retired Head of Procurement & Logistics for an Integrated Health & Adult Social Care Trust, will share his experience from a contracting perspective with providers for the event.

We will then be joined by Dr Brian Fisher, Retired GP and Director of Optimise BP to discuss the need for technology which automates the management and screening of issues, such as hypertension, in general practice with the overarching aim of reducing the number of appointments needed for patients and GP practices and improving care.



Join us for a PowerHour with Kristi Adams, Founder, Attigo Coaching and Development Ltd and a CPD accredited coach specialising in healthcare leadership. IHSCM CEO Jon Wilks will interview Kristi to explore the true essence of coaching, as well as dispel common misconceptions. Following this enlightening discussion, Kristi will provide a practical demonstration of coaching in action with a volunteer.

# September



Join Chand Kaur, Founder & Chief Executive of PCOS Relief and PCOS Relief Healthcare professional ambassador, Eugenia to share their stories of managing PCOS (Polycystic Ovary Syndrome): what is it, how can we support PCOS in the workplace, where can I find resources for myself and my team? Hear Chand and Eugenia share their stories and lived testimonies as we celebrate the end of PCOS awareness month and look to further support on PCOS over the coming months through collaboration with PCOS Relief.



Join us for a PowerHour with Dr Paul Clarkson as part of our Research Special Interest Group Meeting on Access to Research Funding.

We discuss what pots of money are available and how to access them.

# September



This virtual event format is 90 minutes with 4 Dragons, comprised of our members from health and social care backgrounds. There are 3 pitches, and they have 15 minutes total per pitch: suppliers will pitch their product or technology to the Dragons for 4 minutes, and they give honest feedback and guidance for 11 minutes each. Audience members will observe the pitches and will get together with the Dragons towards the end to give group feedback and announce the 'winner'. Suppliers need to secure a thumbs up from the most Dragons.

The winner received 1-years free membership for up to 5 members, an award certificate, and branding on the IHSCM website.

#### Meet the Dragons:

Janet Smith, Head of Sustainability, The Royal Wolverhampton NHS Trust & Walsall Healthcare NHS Trust

Mervyn Eastman, ChangeAGent, radio host and author

Karen Taylor, Director, Deloitte Centre for Health Solutions, Deloitte LLP

Oluwatosinloba Adewunmi, People Services Administrator, NHS England

#### Meet the Suppliers:

Dr Brian Fisher, Retired GP and Director of Optimise BP - the 'Optimise BP' app automates the management and screening of hypertension in general practice.

Daniel Cordwell, Head of Partnerships, Hapstar - Hapstar have developed an ingenious customisable wellbeing platform for employers, universities, NHS Trusts and more.

Shain Khoja, Founder & CEO, Thriving.ai - Thriving.ai is an innovative digital platform leveraging AI and data analytics to enhance elder care and support healthy, independent aging and caregiving by creating a connected care environment.

**Congratulations to Shain and Thriving.ai, who won the majority vote.**





# Wellbeing Resources

We are thrilled to partner with Hapstar. Their app focuses on empowering people to take care of their wellbeing, while enabling our members to speak up on matters that are important to them. As part of your IHSCM membership, you have exclusive access to Hapstar to manage your wellbeing and foster development or wellbeing services and support in the health and social care sector.

Take a tour of the resources and sign up for this IHSCM member benefit.



Join us for an engaging PowerHour session with Adam Campbell, CEO of Hapstar, as we delve into the critical role of wellbeing in personal and professional development within the health and social care sector.

## IHSCM Wellbeing Guide



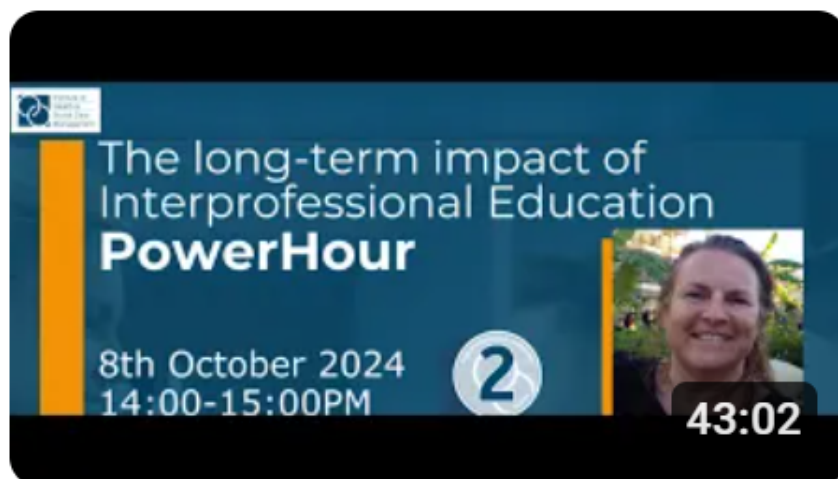
[Read now](#)

This guide is curated by our [Workforce Wellbeing Special Interest Group](#) based on their experiences and insights into workforce wellbeing. It provides a range of practical solutions, tried and tested in various NHS and social care settings, that allow workforce wellbeing to be boosted and maintained. We aim to update it regularly, so please forward any further examples to us so we can incorporate them into the next edition via [wellbeing@ihm.org.uk](mailto:wellbeing@ihm.org.uk).

# October



Amanda Reynolds FRSA, Founder & Director of Blend Associates Ltd and guest speaker Sobia Iqbal aim to bring women in similar situations together in a supportive environment for group coaching to solve complex problems. Learn the art of self-advocacy, strategies on how to find your tribe who can support you, how to build resiliency and drive aspirations when lacking representation. Join us to find out how you can find a role model and mentor to support you, or how to build your confidence to be this for someone else! Plus some top tips on how to network from a diverse background.



Join us for a PowerHour with Dr Melanie Stephens, Associate Professor in Adult Nursing at the University of Salford as she advises on the Long-term impact of an Interprofessional Education initiative within GM Care Home settings. Interprofessional education (IPE) is a process that brings together learners from different disciplines to learn from, with and about each other.

Learn about a model for improving collaborative working, communication and an integrated person-centred approach across learners and health and social care disciplines, along with innovative approaches to professional development - all crucial aspects for delivering high quality care and developing high performing teams!

# October



Join us for an interactive PowerHour with Simon Gamewell as we discuss burnout & how to re-energise your workload with a growth mindset in order to reclaim your work-life balance! In this session you will learn: - the science of burnout - how to develop your resiliency in the workplace using the concept of 'gratitude' - what a growth mindset is. Simon will employ public figures as relatable examples and gives examples of his own lived experience.



Join us for a workshop with Claire Mould, Director of Curve Strategic as we discuss successful negotiations in practice, identifying what works and what the focus is for successful negotiations. This session details the significance of style and behaviour in successful negotiations, and define the importance of establishing your own style and behaviour when negotiating. Learn how to manage emotions, mitigate conflict, manage your own and others emotions, minimise discord with the aim of achieving better results for both parties, and explore the most appropriate approach and negotiation process for individuals to adopt when negotiating across a range of issues and with a range of parties.

# Special Interest Groups

The Institute has a number of Special Interest Groups (SIGs) available to members.

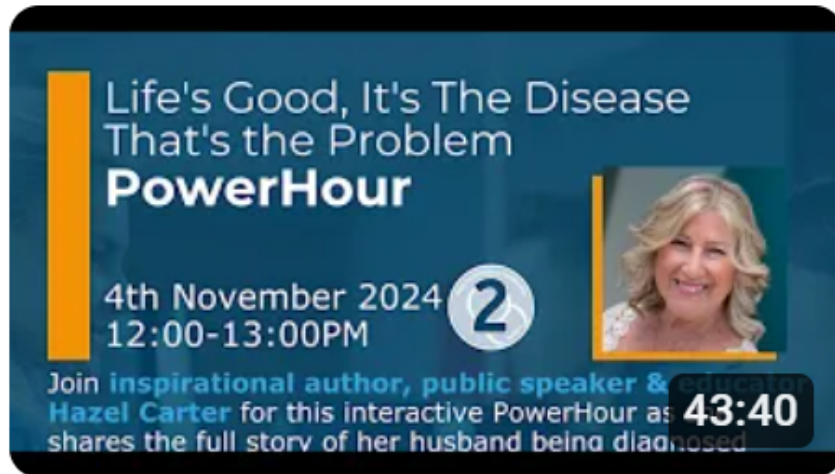
These SIGs highlight particular themes and functions within Health & Social Care and meet to network and plan events and reports.



Join any of the SIGs by visiting our dedicated page:

<https://ihm.org.uk/special-interest-groups>

# November



Join inspirational author, public speaker & educator Hazel Carter for this interactive PowerHour as she shares the full story of her husband being diagnosed with a terminal condition. Hazel gave up work and made it her mission to ensure he had the best end of life despite the challenges of his disease.

You will learn how the diagnosis affected the couple, how the disease progressed, the couples coping strategies and gain a greater understanding of the challenges families face when a loved one is dying. Join the conversation and share your stories in a supportive environment for collaborative learning.



This workshop is part of the Empowered Teams Workshop Series facilitated by Sue Jones, Director for Social Care, IHSCM. This session will cover essential soft skills to enhance your communication abilities: 1. Body Language: Learn how to use non-verbal cues to convey confidence, empathy, and understanding. 2. Building Rapport: Discover techniques to establish trust and a positive connection with others quickly. This is crucial for creating a collaborative and supportive environment. 3. Communicating Between Generations: Understand the unique communication styles and preferences of different generations. This will help you tailor your approach to effectively engage with colleagues and clients of all age By mastering these skills, you'll be better equipped to lead your team, resolve conflicts, and foster a more inclusive and productive workplace

# Enrol on a short course

## ENROL HERE

**Short Course Masterclass** 6

**HOW TO BUILD RESILIENCY**

LEARN SKILLS CREATE SHARE

How To Build Resiliency

by

in Leadership Skills, Mindfulness

5 Lessons

123 Students

Free

Read more

**Short Course Masterclass** 10

**LJB INTRODUCTION TO COACHING**

LEARN SKILLS CREATE SHARE

Introduction to Coaching

by in Leadership Skills

15 Lessons

150 Students

Free

Read more

**Short Course Masterclass** 9

**PERFORMANCE MENTORING PROGRAMME**

LEARN SKILLS CREATE SHARE

Performance Mentoring Programme

by in Leadership Skills

14 Lessons

88 Students

Free

Read more

**Short Course Masterclass** 13

**INTRODUCTION TO MENTORING PROGRAMME**

LEARN SKILLS CREATE SHARE

Introduction to Mentoring Programme

by

in Leadership Skills, Problem Solving

7 Lessons

188 Students

Free

Read more

**Short Course Masterclass** 9

**EFFECTIVE APPROACHES TO COMMUNICATIONS**

LEARN SKILLS CREATE SHARE

Effective Approaches to Communication

by

in Business, Leadership Skills

6 Lessons

155 Students

Free

Read more

**Short Course Masterclass** 9

**HOW TO USE AND REPORT DATA**

LEARN SKILLS CREATE SHARE

How To Use and Report Data

by

in Business, Problem Solving, Quality

7 Lessons

145 Students

Free

Read more

**Short Course Masterclass** 6

**Log my Core PREPARING TO GO DIGITAL**

LEARN SKILLS CREATE SHARE

Preparing to go Digital

by

in Business, Leadership Skills

5 Lessons

32 Students

Free

Read more

**Short Course Masterclass** 8

**brap INTRODUCTION TO MEDIATION**

LEARN SKILLS CREATE SHARE

Introduction to Mediation

by in Leadership Skills

5 Lessons

113 Students

Free

Read more

**Short Course Masterclass** 8

**HOW TO SPEAK UP SAFELY IN HEALTH AND SOCIAL CARE**

LEARN SKILLS CREATE SHARE

How To Speak Up Safely in Health and Social Care

by

in Leadership Skills, Problem Solving, Quality

9 Lessons

48 Students

Free

Read more

**Short Course Masterclass** 12

**HIGH PERFORMANCE LEADERSHIP FOR THE 2020s**

LEARN SKILLS CREATE SHARE

High Performance Leadership

by in Leadership Skills

11 Lessons

634 Students

Free

Read more

**cahoot** 6

**HOW TO USE ONLINE MARKETING FOR YOUR BUSINESS AND RECRUITMENT**

LEARN SKILLS CREATE SHARE

How to use Online Marketing for your Business and Recruitment

by in Business

5 Lessons

36 Students

Free

Read more

**Social Care Workshops** 6

**HOW TO CONDUCT AN APPRAISAL**

LEARN SKILLS CREATE SHARE

How to Conduct an Appraisal

by in Leadership Skills

4 Lessons

77 Students

Free

Read more

<https://ihm.org.uk/short-course-masterclasses>

# November



Join Claire Mould, Director of Curve Strategic for this interactive workshop as we discuss business sense and strategy, addressing resistance to change and resilience.

Establishing a successful strategic business plan does not need to be complicated but it is incredible how many people and organisations don't have an effective strategic plan in place, and even if they do, they don't adhere to it. This session will highlight how the key to this is to draw on clear and focused business sense, to develop and embed a realistic, achievable business strategy.



This workshop is part of the Empowered Leadership for Safe Compassionate Care Workshop Series facilitated by Tom Bell MIHSCM, Director and Lead Consultant, Cormetis Consulting.

Join Tom to learn the components of a patient-safe culture, how to nurture and build one, and maintain it. Tom will discuss psychological safety, leadership and governance, continuous learning and improvement, and how to engage teams and promote inclusive behaviours.

