

SELF-CARE IN HEALTH CARE PROGRAMME

Workshop designed and facilitated by Patrick Sherratt (MED, BA Psych), and Ian Richards (MA Psych)
Directors of INNERVATE Ltd.
www.innervate.co

PARTICIPANT COMMENTS

What an excellent workshop. Sound evidence-based, comprehensive self-care techniques that should be compulsory for all doctors and anyone in healthcare. **Registrar**

Fantastic well-structured course. Very useful and practical tips. **Senior Medical Officer / Supervisor**

The information content that you shared with us on the course was very practical, and invaluable, especially the focus on what we can do to support ourselves as the identified stressors are often outside of our control. The ever increasing demands on my time at work, and pressure from lack of resources, chip away at my resilience. These are skills and strategies that can be put into place every day with little effort that will make big, positive change, and will also be very helpful to share with the clients I work with to help them on their health journey, and to help them take back some of the control that historically has been handed to the “medical profession” for a person’s own health and wellbeing. It was a very empowering course. **Occupational Therapist**

This is a worthwhile course which was well delivered by Patrick. There is a good mix of written, visual and audio material. The activities and group interaction was also good. **Renal Doctor**

Mind-opening experience with valuable skills to reduce stress/anxiety, personally and professionally. **Pharmacist**

Dear Patrick, thank you so much for the self-care workshop last Saturday. For some time, I had been feeling overwhelmed by feelings of stress at work, which was starting to affect my life outside work too. The workshop was very intense and I am still processing all the information and guidance provided. I feel there was so much I can apply to my life which will make a difference to the way I manage and cope with things. Thank you for helping me to feel empowered again! I truly hope others also have the opportunity to attend this workshop in the future - I feel everyone at the DHB would benefit, not only to prevent people from burning out but to also help them fulfill their potential and be more creative and innovative at work, rather than just ‘surviving’.

Speech Therapist

Dear Andy, this is a must-do course and should be part of the DHB Induction Process. This was a quality piece of training, particularly in the face of the demands on staff of a modern healthcare service.

In terms of self-care and mental wellbeing I have not come across anything that was as informative, creative and useful (and believe me I have been subject to some awful in house training on several continents in my 32 years of experience). I personally think that the availability of this training would be a small price to pay if it is going to help develop and retain good quality staff.

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Social Worker

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Incredibly well delivered, professional and pitched well for audience. A good balance of adult learning techniques – theory, group / pair discussions, practise, breaks, re-focusing. Fantastic Day! Many thanks. 😊

Nurse Educator

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If I could recommend any positive action to improve inter-collegial working relationships, then I would recommend the self-care workshop not only for those who might be vulnerable to bullying, but also for those who are currently using negative self-care mechanisms and effecting the current workforce.

Senior Orthoptist

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I can't recommend this workshop highly enough. Totally relevant to challenges of working in health-care. Safe environment to openly discuss topics. Thank you so much Patrick.

Doctor

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Very useful tool to make you reflect on what your true stressors are and where they come from. This workshop gets you started on the track of getting rid of them – or at least coping with them.

Registered Nurse

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As excellent day with multiple take-home messages / strategies for supporting work/life challenges.

LABs Charge Scientist

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A great introduction into a broad range of practical psychological principles and techniques for managing stress!

GP

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Informative and very practical. I came away with lots of tools to use in everyday life to enhance my work and life enjoyment and wellbeing.

Anaesthetist

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Changing ourselves – our thoughts and habits is hard. This course provides education and actual tools on how to do this – plus empowering us to know that change is possible.

Referral Coordinator

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I appreciate the opportunity to look inward for a change. Well facilitated and multiple eye-openers!

Clinical Psychologist

By following the tips learnt on the course, I have the tools to increase my resilience, which will have a positive impact on my ability to perform in my job, my ability to be there for my colleagues and clients, and to embrace the principle of kindness in all that I do. It's hard to keep hold of this value when I'm feeling stressed and overwhelmed from trying to juggle too much work, and the other pressures that go with my job. If, by empowering employees and educating them to take control of their ability to deal with being an employee at the DHB, resilience is increased, sickness is reduced, then surely this is a great financial investment if it has a positive effect on the number of sick days taken?

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Occupational Therapist

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Empowering and valuable course content for all aspects of my life.

Pharmacy Technician

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Helped me understand work-related pressures and develop strategies to deal with them.

Senior Medical Officer

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This day was awesome for me to build confidence, resilience, and giving me power to face the restructuring challenges.

Clinical Nurse Co-ordinator

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It is the best professional course related to stress that I have ever attended and I think that is because the facilitators are not part of the organisation. I think the content and professional delivery of the workshop was excellent.

Outpatient Occupational Therapist

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Dear Patrick, I found your self-care workshop very useful in coping with the pressures of my job, enabling me to cope with hard decisions, and the disappointment, where decisions on service provision seem like a backward step to me.

I believe, in the Laboratory, there are a large number of people who would benefit from your workshops and also it would be good for the staff at Wairoa Hospital.

LABs Scientist

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Great Course. Vital information to strengthen confidence and competence within the workplace, whanau and friends.

Community Mental Health Worker

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Useful workshop – has given me some tools and guidance to improve. I might look at doing a mindfulness workshop also.

Radiology Sonographer

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Fantastic workshop. Applicable to work and personal life. It incorporated valuable strategies to reduce stress and improve wellbeing. The course was very valuable. I hope it will be picked up.

Education and Development Advisor

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Very well run and well-paced workshop. Good mix of information and time to discuss ideas. I came away with a sense of having gained a better understanding of self-care strategies (reinforced, refocused, and reintroduced). Thank you.

Social Worker

A well-staged and organised one-day workshop. Practical real world solutions to a real world problem. To be recommended to all. We owe it to the people we care for to care for ourselves. As the incidence of stress related troubles rise, so the solutions become important to discover. This workshop starts the discovery process.

Senior Medical Officer

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Great overview, all makes sense. The training day makes me hopeful that DHB is doing this – so positive.

Medical Registrar

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An excellent workshop to allow you to step back and see where you are in the present moment and identify where you want to go.

MRT

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Self-care in Healthcare is a fantastic workshop - I would highly recommend it. I found this really helpful for work stress and my general mental health - and lots of ideas to use with clients!

Clinical Psychologist

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The emphasis on taking personal ownership and ensuring you have the tools to take action. The action orientation of the workshop including the notebook for recording our actions. The extensive use of music and humour.

General Manger, HR

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Helpful and Insightful – I came away feeling I could take back control!

Registered Nurse – Case Manager

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This is a very worthwhile workshop. It is a great opportunity to take time out and really think about improving one's situation and the workplace generally.

Social Worker

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This was useful in terms of strategies for self-awareness – taking control of the things you can, and managing your reaction to the things you can't.

Clinical Psychologist

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A very worthwhile self-discovery session with meaningful lessons. A reset for me to look at situations differently and hopefully improve my stress responses.

Pharmacy Dispensary Coordinator

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The course was just what I needed to see that we must not take on other people's traits and I can just let it go over my head and do my job to the best of my abilities. I can't change what is not my fault, but I can work on what I see as my down fall.

Dental Assistant

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Thank you Patrick. It was an excellent course and the presentation was fabulous. I have been on night shift and am slowly but surely getting through the handouts as I definitely need to inject a lot of these ideas into my workplace environment. I so wish you could entice more managers to attend the workshop so they can learn to do their jobs more effectively and efficiently.

Receptionist

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This workshop is practical, fun and informative and has the potential to change lives – both mine and the people I interface with. It is as big as I wish to make, with challenges so worth working on. Thanks!

Physiotherapist

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Interactive, interesting and fun learning environment. Would definitely recommend this to all to participate in. Be mindful and look after yourselves and each other.

Community Health Assistant

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I would recommend this course to everybody, especially those who think they don't "need it". Great prompting to be "grounded" once again! Thanks Patrick.

Phlebotamist

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Enjoyed the "reflection" of been there and done that, and learning other new tools.

Maori Health – Kaitakawaenga

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Excellent presentation using various media to enable us to concentrate for a whole day. Passionate teacher sharing helpful techniques to deal with stress.

Dentist

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Great to have the opportunity to meet with others and share a day in a learning environment. Nurturing of self, recharging and resetting. Excellent presentation, content and venue.

Administration coordinator

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Fantastic opportunity to take time to focus on self-improvement, both personally and professionally. Really appreciate being supported to attend this and hope it will be offered to more staff in the future. Thanks Patrick 😊

Nurse Director

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Excellent. Time for professional and personal self-development. HBDHB needs to demonstrate commitment to supporting and enabling staff in this way.

Team Leader, Occupational Therapy

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Everyone should do this. We need more!

Maori Health – Pouanahi

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It has been very encouraging, positive and actually enlightening. I can't wait to work through the book and life enhancement.

Lab Technician

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Excellent content. Great delivery. Patrick was a wonderful facilitator; I learned a lot. Will recommend to colleagues.

Senior Medical Officer

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