



INNERVATE

Training Solutions for Performance and Well-being



Self-care in Healthcare

'Self-care in Healthcare' is a stress reduction, resilience and well-being Programme for both clinical and non-clinical staff working in healthcare.

Designed by Innervate, this flexible training programme is tailored to complement your current staff-wellbeing strategy. From 1-hour webinars to full-day workshops, your people will learn research-based strategies to help them maintain their performance under pressure.

INNERVATE is an international training organisation working to help organisations maximise their people's performance and wellbeing.

Social Worker from Northland DHB, about 90-min *Burnout Prevention Webinar*

Really helpful information. Reframing idea is great. I will take many suggestions on board. Thanks for your time, Patrick. Enjoyable session.

Physiotherapist from Nelson/Marlborough DHB about 3-hour Webinar

Inspiring, practical and very helpful. Lots of tools to use every day. Thank you so much for your enthusiasm and energy. Great presentation.

SMO from Hawke's Bay DHB, about 1-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.



WEBINARS

Self-care in Healthcare Stress-reduction Strategies for Improving Resilience & Wellbeing

For stressed clinical, non-clinical, and support staff wanting to learn practical ideas and tools that help improve resilience and wellbeing. (90-mins or up to 3-hours)

Burnout Prevention Maintaining Resilience

For targeted professions or teams experiencing increasing pressure. (90-mins or up to 3-hours)

Vicarious Trauma Releasing Secondary Trauma

For targeted professions who work with traumatised patients/clients. Key strategies to release the anxiety created by other people's stress and trauma. (1-hour)

Compassion Fatigue Reigniting Empathy

For all staff who are experiencing the side-effects of chronic stress and vicarious trauma and are losing a sense of empathy towards the people they care for. (1-hour)

Change Anxiety Living with Uncertainty

For all staff who want to understand why change is so unsettling and what tools are available to cope with the anxiety. (1-hour)

WORKSHOPS

Self-care in Healthcare Stress-reduction Strategies for Resilience and Wellbeing

For clinical, non-clinical, and support staff wanting to learn practical ideas and tools that help improve resilience and maintain wellbeing. (Full-day . Half-day)

Team Works Building a Team Wellbeing Culture

For targeted teams experiencing a breakdown in communication. Workshop explores traits of high performing teams and builds a charter of behaviour to assist strengthening their well-being culture. (Half-day taken after self-care workshop)

SEMINARS

All topics can be presented as live in-house seminars for training days and conference presentations.

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