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| Dates | Module 1 | Content |
| Cohort 1: 15/02/2018 @GWH  Cohort 2: 17/05/2018 @GWH  Cohort 3: 04/10/2018  @Chippenham CH | Understanding Self | 1. Under the Surface – the Iceberg Model 2. The Circle of Control: Change it, influence it, or let it go already 3. Learning Style 4. Personal Style Indicator 5. Drivers: what motivates you at work? 6. Transactional Analysis – temper tantrums, the high-horse and being a grown up 7. Johari’s Window: Knowing what you don’t know 8. Difficult conversations and how NOT to avoid them 9. The Drama Triangle: Devils, Angels and Superheroes 10. What would ‘better’ look like? – setting yourself a goal |

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| Dates | Module 2 | Content |
| Cohort 1: 23/03/2018 @GWH  Cohort 2: 14/06/2018 @GWH  Cohort 3: 01/11/2018  @Chippenham CH | Understanding Others, Understanding Teams | 1. My Management Skills: DIY assessment 2. What’s in a team? 3. Tuckman: Forming, Storming, Norming and Performing 4. Is my team functional? 5. Situational Leadership: one size does not fit all 6. ‘Maturity-Map’ your team 7. Delegating for Development 8. Supporting Change 9. Belbin Team Role Reports |

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| Dates | Module | Content |
| Cohort 1: 13/04/2018 @GWH  Cohort 2: 13/07/2018 @GWH  Cohort 3: 06/12/2018  @Chippenham CH | Understanding the GWH NHS FT,  Understanding the NHS | 1. GWH :  * What are we doing here? * What are our values?  1. Policy Matters: Doing things right and doing the right thing 2. The Cost of Care 3. Coaching conversations: learning to listen 4. Bringing it all together – Oshry’s Arch |