



Connecting as a Remote Team – Live Webinar

CARE – for ourselves and for others

3 external CPD points

We are working with Health Education England, East of England to provide this webinar, and this course is open to all SAS and LED doctors from the region.

Introduction:

This live interactive webinar covers four main areas: **Connecting** – within teams and within departments, **Ambiguity and Self Management** – attitude versus skill, **Responsiveness** – emotional responses and taking control, and **Empathy** – understanding yourself and others.

Course structure:

- 2.5 hour live webinar
- Date: 28th of July
- Timings: 10am – 12.30pm

To book click the link below:

<https://www.eventbrite.com/e/connecting-as-a-remote-team-live-webinar-tickets-109279985378>

Webinar objectives:

- Revisit where we are as a Department/Team in connecting and supporting our colleagues during challenging times
- Leading and being part of a team during prolonged periods of absence – what strategies can be put into place?
- Understand our emotional responses - key components of Emotional Intelligence including the 'feelings grid'
- Strategies to handle pressure and stress in the moment and revisiting empathy with others during uncertain times

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