WHAT'S ON OFFER

Core Training May 2023 to April 2024

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What is core training?

The core training offer is a programme of training activities funded by NHS England – East of England, separately from the personal study budget. It is offered for free to all public health registrars, with some activities recommended for those at specific stages of training.

The courses on offer are assessed annually and therefore are subject to change based on:
- registrar feedback, requests, and previous demand
- requirements of the curriculum and ability to meet these through service work
- availability of training elsewhere and ability to source providers
- cost of training in total and per trainee

Trainees sign up for courses at the start of the year, with courses running between and June and April the following year. If courses are oversubscribed, places will be prioritised by CCT date and/or requirement for exam preparation. Other factors (e.g. ARCP outcome, KA10 panel) will be considered when prioritising where relevant. ST1s taking the MPhil are not expected to sign up for additional courses, unless they wish to.

Registrars who have been out of programme can contact the Core training leads directly or via coretrainingeoe@gmail.com

SIGN UP
The brochure lists all courses happening between May 2023 and April 2024. Registrars will be asked to sign up for all the courses they would like to do during the year. Sign up **here**.

EXPECTATIONS FROM CORE TRAINING MANAGERS AND NHSE EDUCATION EOE

- Training will be arranged with plenty of notice.
- A clear method for signing up for training.
- Clear explanation of the nature of the training available and the target audience.
- Training will be evaluated and reviewed to ensure it remains fit for purpose.

EXPECTATIONS FROM REGISTRARS

- Save the dates for training you have requested in your diary.
- Commit to attending all sessions you sign up for and providing feedback.
- Only do each course once. If there is a need to repeat a course, discuss with the core training manager or training programme director.
- Do the preparation and evaluation for each course. Evaluation is really helpful in deciding whether to run the course next year.
- Apply for study leave (a single form for all courses you register for within the financial year). Details for how to apply and the application form are here.

Course List: Phase 1

COURSE and provider	WHO is it for?	WHAT does it involve?	WHEN/ WHERE is it?	Relevant LO
Media training (Media players international)	Phase 1, but anyone can sign up. Recommended ahead of MFPH exam	Training for dealing with the media, including writing a press-release and doing radio and television interviews. Includes a practice interview.	Two morning sessions: 28th, 29th June 2023 (**remote**)	4.9
Presentation Skills (Westbury Consulting)	Aimed at Phase 1, but anyone can sign up.	Training on designing and delivering a presentation. Covers: - Designing high-impact presentations. - Presenting with greater authority and confidence. - Delivering successful presentations. - Maximising opportunities to raise the profile of your work. Two participants will be asked to give a brief presentation during the course.	15th Nov 2023 (**remote**)	4.2
Project Management (Paul Southon)	Aimed at Phase 1, But anyone can sign up.	Two workshops providing training on the theory and practice of project management, primarily through small group work, including: - Planning a project - Governance - Project failure - Commissioning - Writing a business case - Risk management	Two 3h sessions. 23rd Jan, 20th Feb 2024 (**remote**).	4.4

		- Stakeholder management - Monitoring - Evaluation The course is tailored to a PH context. Between workshops participants are encouraged to apply a project management toolkit to a project.		

Course List: Either Phase

COURSE and provider	WHAT does it involve?	WHEN/ WHERE is it?	Relevant LO
Personal impact (Blooming People)	A one-day workshop to help trainees feel more confident in their communication and advocacy skills. Includes practicing communication skills and a session with an actor around voice and body-language.	15th June 2023 (**remote**)	4.2

Confidence and imposter syndrome (Kate Atkin)	Confidence is an oft misunderstood phenomenon. It is generally only when we don't have it that the need for confidence comes to our attention. This workshop covers researched strategies which are proven to build confidence. We will explore what creates confidence, how it differs from arrogance, what beliefs and behaviours support and detract from our confidence and how to find that essential boost when you need.
	
	Over 70% of the population experience a feeling of fraudulence. This is referred to as 'Imposter Syndrome'. We will explore what the Imposter Syndrome is, why it is really a phenomenon, how it develops and how to deal with your own imposter chatter and mitigate against the effects.
	
	By the end of the workshop participants will be able to:
	   - Identify limiting beliefs and options to change them.
	   - Listen to their self-talk and know how that affects their confidence.
		17th & 18th October 9.30am – 12.30pm (**remote**)	9.3, 9.4, 10.8, 10.12

	- Identify their imposter chatter and where it might come from. - Begin to rewrite their own story. - List a minimum of five strategies for improving confidence and overcoming the imposter phenomenon.		
Introductory Award in Healthcare Finance (HFMA)	This award will provide you with a basic understanding and awareness of fundamental aspects of healthcare finance in England. The course will give you the opportunity to find out more about specific aspects of finance that are particularly relevant to you and your role. The award comprises 5 different self-paced, online courses. This includes a mandatory NHS finance course and 4 others of your choosing. See full list here. If preferred, individuals can do less than 5 courses, getting certificates for each one, but no award. Or more than 5 courses can be taken.	Online, self-paced.	Depends on the courses you select, but could include: 4.6, 7.6
Public Health Leadership for Sustainability (Centre for Sustainable Healthcare)	This interactive 8-hour course helps public health professionals to develop leadership skills for environmental sustainability within and outside the health and care sector. Drawing on real-life examples, the course explores how to incorporate environmental sustainability into public health programmes and hone advocacy, partnership working and strategy development skills.	Wednesday 1st Nov 9.00-13.00 (**remote**). 6-8hrs of pre-course material. Follow-up, support and networking available, if wanted.	5.7

Course List: Phase 2

COURSE and provider	WHO is it for?	WHAT does it involve?	WHEN/ WHERE is it?	Relevant LO
Transition to Consultant (Fiona Day)	Within 12-18 months of CCT	Designed for trainees approaching CCT. Three sessions on: - Managing the self - Managing the team - Doing the job Aims to develop competencies for the first year of consultant practice.	21st Feb, 6th Mar, 20th Mar, 9:30-12:30 (**remote**)	9.3, KA10
Courageous Leaders (Bernache leadership)	ST4 or ST5	For those who want to be confident in difficult situations and in a complex, changing environment. Group-based development focusing on three modules: developing you as a leader; managing teams; and being a courageous leader in complex systems. **This course is for you if you:** - Sometimes find leadership theory dry and want to work out how to make your own style of leadership work in real life. - Want to expand your range of skills in a safe space and work out how to adapt your leadership to suit the range of situations senior leaders face.	6 sessions, 4 half-day sessions (**remote**) and 2 full days (**in-person – London (TBC)**).	KA10

		- Want to empower others to make a difference to the things that matter. - Want to learn with others, share experiences and build a community of peer problem solvers. **On this course you will:** - Gain confidence and resilience - Develop leadership impact - Find a sustainable approach to personal leadership development - Be yourself and tap into your inner resources as a leader - Practice new skills in a safe environment **How does it work?** Working in a small cohort, facilitated by senior leaders and educators with experience across a range of settings, you will work on problems that matter to you. By providing a safe space for feedback, reflection and challenge, we promise to enable you to be the driver on your own leadership journey. Each course typically includes problem-based learning, group coaching, case studies and simulation. A range of leadership models and theories will be taught and adapted to meet your own needs via practical examples.		

		You will need to attend all sessions as the training develops over each session.		
Consultant interview skills (Dr Penny Toff, Susie Edwards)	12 months or less prior to CCT	This is new workshop specifically tailored for senior Public Health trainees, based on the trainers vast combined experience in this area. The course will be highly interactive, aiming to empower the participants. There will be a half-day workshop and a 1:1 interview practice session.	19th & 20th September 2023 (**remote**)	n/a

Additional free courses

Healthcare Financial Management Association (HFMA) courses

SHORT COURSES - 3 HOURS CPD PER COURSE
- NHS charities
- Health economics
- Personal health budgets

INTERMEDIATE COURSES - 6 HOURS CPD PER COURSE

How finance works in the NHS

- How the NHS is funded and structured
- Politics, policy and financial challenges
- Integration in healthcare

Governance and risk management in the NHS

- The fundamentals of governance
- Risk management and governance
- Models of governance in the NHS
- Good governance
- Board assurance and working together

Tools to support decision-making in healthcare

- Ethical and professional considerations
- Information systems in decision-making

Creating and delivering value in healthcare

- Board-level decision-making

Management skills

- Effective communication and presentation
- Influencing and negotiating
- Management and leadership
- Managing conflict
- Motivation and relationship management

Management skills part 2

- Change management
- Project management
- Employee engagement
- Performance management
- Innovation and improvement

New courses added

- Digital transformation 1: introduction to digital transformation
- Digital transformation 2: making the case for investment in digital technologies
- Personalised care 1: the key to change
- Personalised care 2: components of personalised care
- Personalised care 3: the commissioning cycle
- Personalised care 4: introduction to co-production and personalised care
- Personalised care 5: evaluating personalised care approaches
- Self-management, confidence and resilience
- Harnessing the power of clinical and financial collaboration
- Managing, motivating and leading teams
- Patient-level costing

East of England Leadership Learning Zone

A range of courses and workshops to enable learning, enhance understanding and embed vital skills and knowledge that will contribute to the physical and psychological well-being of our people. Find details about the e-learning courses here. Find links to sign up for workshops here.

WHO Virtual Campus

The WHO virtual campus provides self-paced online training on the following subjects:

- Health Financing Policy for Universal Health Coverage
- Public Financial Management in Health
- Cross-Programmatic Efficiency Analysis – an approach to analysing efficiency across health programmes within a health system
- iSupport Virtual Course - Skills and knowledge training for carers of people with dementia
- Engaging Communities in Preventing Suicide

Register to access the courses here.

European Health Data & Evidence Network (EHDEN) Academy

EHDEN Academy provides self-paced online training on a variety of courses including Health Technology Assessment. Register to access the courses here.