



Remaining Effective: The 7 Habits Parts 1 & 2 – Live Webinar

5 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 ONLY from this region.

Introduction

These webinars refers to the Covey Principles, that have been tested globally for a number of years to help professionals develop themselves within and outside of their Organisations.

Remaining Effective (1) challenges individuals to look at where they want to be, the importance of being proactive, managing themselves to stay in control based on their values and personal leadership.

Remaining Effective (1) teaches individuals how to effectively influence others whilst maintaining the courage to assertively make decisions.

Remaining Effective (2) challenges individuals to work more effectively with others, demonstrating empathic listening to enhance their leadership skills. As part of this programme, individuals will complete a Miro psychometric test to fully understand their preferences and how best to work with others who demonstrate alternative preferences.

Course Structure

- **2 x 2.5 hour webinars**
- **Date: 16th December 2021 Timings: Webinar 1: 10:00am – 12:30, Webinar 2: 1:30-4:00pm**
- **Please use the Eventbrite link to book onto the webinars**
- **<https://www.eventbrite.co.uk/e/remaining-effective-parts-12-tickets-167331066725>**

Webinar Objectives

- Understanding the importance of proactivity and the circle of influence and concern
- Writing a personal plan to visualise where you want to be both in your career and personal life
- Manage yourself to work on important demands
- Assertively make decisions based on your values
- Understand the importance of empathic listening and fully understanding others, both factually and emotionally before addressing solutions
- Completion of a Miro psychometric test to understand preferences and how best to work with others based on alternative preferences
- Discuss resilience and how to maintain oneself as the most important asset

Feedback from Previous Session:

- *Very interesting webinar and good moderator*
- *Engaging host. very informative. good tips for personal improvement. Much appreciated*
- *A fascinating session and very helpful in my future practice. A very knowledgeable presenter*

To book onto this webinar please use the eventbrite link, for technical queries please contact:

e: info@miadhealthcare.com