

Velindre NHS Trust Leadership Programme Action Learning Set (ALS) Evaluation Summary

Date: 6th February 2018 (Group B - ALS 6 of 8)

1. The things I have learnt from today's Action Learning Set are:

- The importance emotional resilience plays in my own performance & well being.
- I am more resilient than I thought. There are lots of times in my life where I have demonstrated emotional resilience.
- To look back on the times when I have been resilient and how I've managed - this has happened both professionally & personally and I'm still alive!
- Circle of concern & circle of influence, how I might apply this principle in the work place. Good strategies to bring about positive thinking for issues that might not be easily resolved.
- What my strengths & 'areas to work on' are with regards to my resilience.
- What emotional resilience is and how important it is in the workplace.
- Pull apart a bit the components of resilience. Draw on strengths; try to reframe 'weakness' areas for development.

2. The most important thing I have learnt about myself today is:

- Identified specific areas I need to develop ie. building sustainable relationships.
- I am more resilient than I thought. When looking at emotional resilience I worried that I had missed out on previous sessions - thankfully I felt involved and was able to catch up.
- I have experienced times when I've had to be resilient and need to focus on what I've done previously and how I can improve.
- To be open & direct about concerns rather than quick to be irritable. Applying this should help me be more resilient.
- To look at the problem differently & not automatically assume the worst, Look at things from others' points of view & why a situation may be.
- I am quite resilient!!

3. My action plan to take back to my workplace is:

- Try to make more time for myself & colleagues. Learn more about their personal lives.
- Do more reading! Look at the resources & make time. Get more out of the sessions.

- Take note of how the team are feeling/ working together, notice if anyone is struggling and provide support.
- CORE model. Circle of concern & influence. Be more resilient!!
- Use mindfulness to help with stress & workload pressures. To make use of resources around me & prevent problems occurring.
- To be more confident and have less self doubt.
- Reflect on circle of concern/ influence with regard to current work challenges.

4. The learning set could have been improved if:

- All good.
- I'd turned up on time! Confusion over venues. Shame not all able to attend sessions.

5. The style of facilitation was:

- Good.
- Informative & relaxed. I was going to say comfortable, but didn't want that taken as a negative.
- Excellent as always.
- Good - got a lot out of discussing my report.
- Good.
- Excellent.
- Open & non-threatening. Space to reflect.

6. Additional Comments:

- None.
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