

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

Date: 5th February 2018 (Group A - ALS 6 of 8)

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

- The facets of resilience - how these relate to behaviour.
- CORE Principles will be a useful resource.
- Knowing the 4 concepts of resilience & the 6 workplace situations.
- Areas to work on to strengthen emotional resilience. Areas I am already looking forward - work life balance, perspective and control.
- How important emotional resilience is in the workplace and home.
- To consider my resilience - practical application & review, but also the importance of understanding those around me and their resilience.
- Ways of improving resilience.

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

- Be more assertive.
- I have the skills to be more emotionally resilient.
- The areas which help my resilience & those that hinder.
- Reinforced some aspects I know already I need to work on but also that I am more emotionally resilient than I think I am in some areas.
- I am quite resilient but there is room for improvement.
- My resilience can help me but I need to consider & work on those areas that hinder me.
- Awareness is key - I loved the 'i-Resilience' questionnaire. Found it so useful.

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

- Work on assertiveness, deadlines, communication.
- To utilise 'Hero's Journey' concept in practice.
- Use the areas that hinder my resilience & try & put actions in place to overcome.
- Build on positives, revisit i-Resilience report - how I can use this.
- To take time for myself to become more resilient.
- To 'reward' myself and those around me. To consider my 'Hero's Journey' & complete it.
- Consider the last page of questionnaire and do research on decision making & care elements.

4. The learning set could have been improved if:

- N/A Missed those who couldn't make it. :(
- Nothing to add.

5. The style of facilitation was:

- Brilliant.
- Relaxed.
- Fab.
- Open, relaxed, informal.
- Fab.
- Interesting/ varied.
- Very good.

6. Additional Comments:

- Thanks again Ian!
 - Loved this session, my favourite.
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