**First Wessex Work*Smart* Event**

*21st May 2018*

Meon Valley Marriott Hotel & Country Club, SO32 2HQ

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| --- | --- |
| 08:30 – 09:00 | Registration and Coffee |
| 09:00 – 09:10 | Welcome |
| 09:10 – 09:40 | John Mc Fall – My story  |
| 09:40 – 10:10 | Katie Archer – Sailing through work; Performance profiling |
| *10:10 – 10:30* | *COFFEE* |
| 10:30 – 11:00 | Pritti Aggarwal - Benefits of a Clinical Exchange Programme |
| 11:00 – 11:20 | Shona Johnston – Kindness in hard times; After my daughter died. |
| 11:20 – 12:00 | Colette Martingdale & Janine Osmond –Coaching Conversations - Supporting peers |
| *12:00 – 13:00* | *LUNCH (provided)* |
| 13:00 – 13:45 | *Breakout session 1*

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| Getting the most out of family life - Lorraine Lee  | Mindfulness/Mindset – Chris Mitchell |

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| 13:45 – 14:30 | *Breakout session 2*

|  |  |
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| Supporting Improvement in your department – Jon and Helena | Yoga Session – Sioned Nuttgens |

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| *14:30 – 14:50* | *COFFEE*  |
| 14:50 – 15:20 | Lauren Kelly – Nutrition for health and night shift |
| 15:20 – 15:50 | Dr Cathy Hill –Benefits and risks from lack of sleep |
| 15:50 – 16:30 | Breakout Session 3

|  |  |  |
| --- | --- | --- |
| Supporting Improvement in your department  | Embracing opportunities - Fellowships and LTFT | Mindfulness/Mindset  |

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| 16:30 – 16:40 | Feedback and Close |
| 16:40 – 18:00 | Iron Bar and Grill - Peer Support and Networking Opportunity  |

**WESSEX WORK*SMART* 21ST MAY – POST CONFERENCE QUESTIONNAIRE**

**Section A**

**(Total responders – 18)**

After attending today’s Work*Smart* event:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Strongly disagree | Disagree | Agree | Strongly agree |
| I have learnt strategies for managing challenges I may face at work |  |  | 8 | 10 |
| I feel better equipped to manage the pressures I experience at work  |  | 1 | 11 | 6 |
| I feel better equipped to maintain my health and wellbeing |  |  | 9 | 9 |
| I feel more confident promoting these ideas to my colleagues or department  |  | 1 | 13 | 4 |

**What part of the day did you find most helpful?**

Wide ranging. Specific mentions: 1:1 coaching sessions, mindfulness, getting most out of family life, nutrition lecture, sleep lecture, yoga, ‘inspiring doctor talks’ and ‘How to be a superhero talk’, peer support

**Are there any areas of the event where we could improve?**

More yoga or coaching session opportunities (4)

Project improvement – tried to cover too much in short time (1)

Healthy snacks (1)

**What key learning point(s) have you obtained from today?**

Key themes**:**

Being mindful of yourself and others

Importance of self-care/prioritising health and wellbeing

Setting personal goals

**Would you recommend the event to others?**

100% would recommend to others

Provisional analysis comparing these questions from people before and after the conference shows improvement in all areas (Blue before and red afterwards). The numbers are small which is why we would like to undertake further events and more analysis.

The Questions asked are noted below.

**Section B (asked pre and immediately post conference)**

**(Total responders 18 pre and 16 post)**

**On a scale of 1-10 please rate (1- poor 10 – excellent):**

1. How happy are you with your life as a whole?

2. How happy are you with your life outside of work?

3. How happy are you with your life at work?

4. How valued due you feel as an individual at work?

5. How autonomous do you feel at work?

6. How supported do you feel at work?