

FLORENCE NIGHTINGALE FOUNDATION

"I think every nurse and especially newly qualified nurses should undertake this course!"

At the start of the COVID-19 pandemic the Florence Nightingale Foundation (FNF) refocused its work to support the unprecedented leadership challenges faced by nurses and midwives working across all levels of the professions during the crisis.

We recognised this remains undoubtedly the most challenging, difficult and pressurised time in generations for teams working in health and social care settings. Interventions to help maintain a balanced and positive emotional well being continue to be very important.

Cultivating Courage and Maintaining Compassion Webinar

We are offering support for newly registered nurses and midwives in collaboration with *The Bravest Path*. We are delivering the webinar '**Cultivating Courage and Maintaining Compassion**'

This webinar will help help you:

- *Learn that courage requires four sets of skills that can be developed: rumbling with vulnerability, living into our values, braving trust, and learning to rise.*
- *Begin practicing how to ask for what you need, set boundaries, and reach out for support.*
- *Define vulnerability as uncertainty, risk, and emotional exposure.*
- *Challenge old definitions and dispel the myths surrounding the concept of vulnerability.*
- *Define smart risk taking in relation to vulnerability and comfort, growth and panic zones.*
- *Understand the role of courage and vulnerability in smart risk taking.*

These webinars will be available monthly from September 2022 – March 2023.

To book your place on the Webinar visit <https://bit.ly/3Dbuhpl>



Nightingale Frontline Sessions

We are also offering Nightingale Frontline places for newly registered nurses and midwives.

Groups will meet in cohorts of six to experience and master techniques. Sessions will be facilitated by a highly experienced coach who is proficient in the method of co-consulting.

"Good to chat about issues and understand it's not only me going through it."

To find out more about the Nightingale Frontline sessions visit <https://bit.ly/3qwigUc>