Leadership in Health and Social Care - Workplace Stress and Resilience

This module is an opportunity for practitioners to explore stress and resilience within Health and Social Care. It will focus upon the key concepts of stress and resilience, organisation culture, the role of the manager in contributing not only to wellbeing, but also counterproductive behaviours and conflict, toxic leadership and bullying in the workplace.

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<th>Module Code</th>
<th>PHC7013M-A</th>
<th>Course dates</th>
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| Level and Credits | M, 30 Credits | - Thursday 4 February 2021  
- Thursday 18 February 2021  
- Thursday 4 March 2021  
- Thursday 18 March 2021  
- Thursday 25 February 2021 |
| Facilitator | Dr Chris Boyes | |
| Course fees | £1,083 (for self-funded individuals) | |

Module outline

This module will develop practical and professional skills, whilst increasing self-awareness through individual psychometric personality testing and reflective self-development.

This module will enable the student to examine these areas at an individual, team and organisational level and discuss how these can be applied to ‘real life’ work problems through case studies and a work-based learning project. The module will require significant personal reflection into how the student might programme knowledge and skills in leading others. Overall the module aims to have a positive long-term impact on both the individual and the health service.

Learning outcomes

- Critically evaluate the role of leadership in terms of stress and resilience in the allied health professions
- Critically reflect on his/her ability as an AHP leader in multidisciplinary team sand across organisational and agency boundaries
- Discerningly apply evidence in the area of leadership and stress to solve ‘real life’ problems in Health and Social Care

Assessment

100% Presentation

Who should attend

The professional group attracted to these courses include a wide range of professions from across the health and social care field, including: Occupational Therapists, Physiotherapists, Nurses, Social Workers, Care Workers, a range of Allied Health Professionals, Medical Staff and Podiatrists.

Further study

This module can be taken as a standalone module, or as part of the following programmes:

- Leadership in Health and Social Care MSc
- PG Cert Resilience and Leadership in Health and Social Care

We offer individual postgraduate modules to meet your particular CPD needs or as the beginning of your postgraduate journey to a PG Cert or MSc. Evaluating Evidence and Effecting Change is an excellent place to start, enabling you to follow the evidence based practice approach to critique evidence and apply your findings to improve your practice or service. Other modules enable you to develop as a leader or transform your practice through the application of a health coaching approach.