

Resilience-Based Clinical Supervision



*A fully funded programme for registered nurses
and nurse associates in social care in England*

Does work overwhelm you at times?

Would you like to have better conversations with your colleagues about situations which occur at work but don't know how?

Resilience-based Clinical Supervision (RBCS) is a way of supporting you and your team by recognising your own and others' emotions and how you can positively respond to them. RBCS is a tried and trusted model with the rationale to increase an individual's ability to respond positively to the emotional and physiological demands of their role.

Resilience-based Clinical Supervision is not management supervision or appraisal, it is a form of restorative clinical supervision.

We asked participants what they thought was useful about the programme, they said:

Seeing other nurses from different parts of the country and diversity, all sharing similar experiences in a safe environment, knowing they understand, and do not judge was awesome!

Everything!

How interactive it is, I loved that it wasn't full of PowerPoint but instead was about practising the skills we were learning

The importance of check in; as it focuses on the emotions and feelings that people bring to a group. Once recognised, staff can be supported appropriately

What did they learn?

We are there to listen, not necessarily to "fix". Supervision does not have to be purely work related. How to effectively use the many tools out there to create a positive environment for supervision, break the ice, create calm, trust and respect

Being compassionate to oneself makes it easier to express it to others

The power of a safe space and how to develop it, I have never felt so safe in a group

Interested?

Programmes consist of 5 sessions: 3 x 3 hours and 2 x 2 hours over a period of 8-12 weeks

8 people at the online sessions

For more information



Or contact

rbc.socialcare@fons.org



Terms and Conditions:

This is not a webinar - you need to be willing to participate actively. You will need to access on a computer with camera and mic.

Sessions build on one another so you need to be able to commit to attending all sessions.

A key to success is organisational buy-in, please consider this before signing up to the programme as you need time and resources.