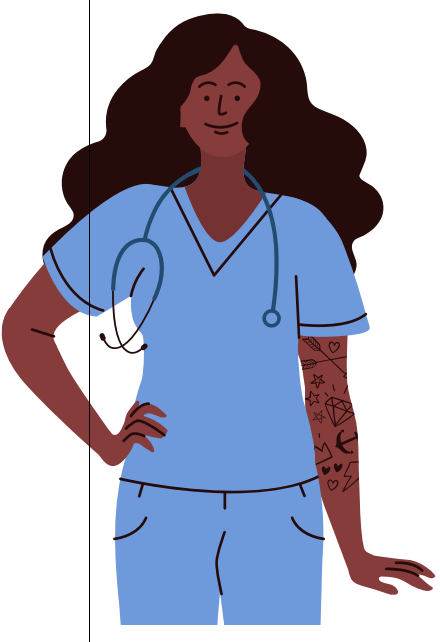

London Neonatal Network NHS

Quick Wins Series

A series of short (30-minute) webinars with a focus on practical skills to use in your everyday practice on your neonatal unit

21ST JANUARY - ACTIVE LISTENING

Discussions about containing distress and learning the practicalities of listening actively, for example what to do and what not to do...

18TH FEBRUARY - EFFECTIVE COMMUNICATION USING EMPATHY

18TH MARCH - VALIDATING EMOTIONS

15TH APRIL - RESPONDING WHEN SOMEONE IS ANGRY

20TH MAY - HELPING PARENTS WHO STRUGGLE WITH THEIR MENTAL HEALTH

17TH JUNE - SUPPORTING COLLEAGUES THROUGH DIFFICULT TIMES

15TH JULY - FINDING BALANCE AT WORK WITH YOUR OWN EMOTIONS

19TH AUGUST - HOLDING THE BABY IN MIND

16TH SEPTEMBER - HELPING FAMILIES COPE WITH UNCERTAINTY

21ST OCTOBER - THE POWER OF LANGUAGE WHEN CARING FOR OTHERS

18TH NOVEMBER - REPAIRING RELATIONSHIPS WHEN THINGS GO WRONG

16TH DECEMBER - HOW PSYCHOLOGICAL PROFESSIONALS CAN HELP

3rd Wednesday of every month @ 3pm

Everyone is welcome - find more details here

Book here: londonneonatalnetwork.org.uk