

## **Primary Care Masterclass: Self-Compassion for the Wellbeing of Healthcare Workers**

Tuesday, 26th January 2021, 18:00-19:30

*Virtual session via Zoom*

### About this session:

This masterclass aims to offer participants an opportunity to explore the benefits of self-compassion, and simple everyday ways to cultivate a compassionate approach to softening the impact of personal distress and enhancing personal wellbeing and resilience

### What will be covered:

By the end of the masterclass participants will:

- Have an understanding of the evidence and foundational principles of self-compassion and how it can protect people from mental distress and enhance personal wellbeing
- Understand how self-compassion can make you a better leader
- Have practiced simple practical ways to develop self-compassion
- Have explored ways to build self-compassion into everyday practices
- Have identified at least one step they can take to be self-compassionate

### Who the session is for:

This virtual event is for colleagues working in Primary Care who are NHS staff or staff delivering NHS funded care only.

### Register:

Please click on the link [here](#). Closing date: 20th January 2021

### About the speaker:

This session will be delivered by Byron Lee.

Byron has a background in health and social care, community and higher education, leadership development; and has spent the past 30 years supporting individuals, teams, communities and organisations build supportive and inclusive practices, systems and cultures. His passion is supporting individuals, teams and organisations weave together different sources of knowledge, wisdom and practice to support collaborative learning and change. His current work involves supporting change agents develop a compassionate approach in their work so they can be better engaged with real world complexity and make a difference.



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