



**Leadership Academy**

South East

# Leadership Restoration Group





## **Why a Leadership Restoration Group?**

Designed to offer safe spaces for leaders to talk openly about their experiences, feelings and concerns, and find mutual support from colleagues. The restoration group for leaders aims to support staff to find a sense of balance in their lives. Reducing the build-up of stress and increasing a sense of wellbeing through mutually nourishing conversations. The group offers an opportunity to 'let go' and find a sense of ease and calm in an otherwise frantic world.

## **What is involved and what will I get from being part of a group?**

The Leadership Restoration group process brings together a group of leaders in need of wellbeing support, who then break into and form smaller groups that provide supportive spaces. These small support groups will be helped to prepare to get the most from their time together, to feel safe and experience mutual support. The groups will be confidential.

These will be spaces where you will have time to speak openly about your feelings and concerns. There is no pressure to solve anyone's problems. As colleagues, your role is to listen without judgement and be present.

## **How is this different to other offers such as coaching or action learning sets?**

While individual coaching provides a 1:1 environment for individuals to offload, talk in a safe space and develop practical strategies for coping and staying well, restoration groups create spaces to bring people together for mutual support. By sharing and listening within a climate of mutual respect and support, the restoration group offers a place to focus on wellbeing.

Unlike action learning groups there is no pressure within the group to move toward a solution to a particular problem. The focus is on being rather than doing and finding a space to be listened to and feel valued.

## **Who is this programme for?**

This offer is open for any leader delivering NHS funded care across the South East.

## Dates and times

*These sessions are a series of stand-alone sessions, delivered on Zoom. Leaders may attend one or as many sessions as they find useful.*

Session 1: Tuesday 23<sup>rd</sup> February, 14.00-16.00

Session 2: Tuesday 23<sup>rd</sup> March, 14.00-16.00

Session 3: Tuesday 20<sup>th</sup> April, 14.00-16.00

## Book your place

*The sessions are fully funded. Please note that you need to complete a separate booking form for each session.*

To book a place on **Tuesday, 23<sup>rd</sup> February**, please complete the online form [here](#).

To book a place on **Tuesday, 23<sup>rd</sup> March**, please complete the online form [here](#).

To book your place on **Tuesday 20<sup>th</sup> April**, please complete the online form [here](#).

## About the facilitator

These sessions will be facilitated 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.



*If you would like to discuss this opportunity before booking, please contact us on [nhsi.selll@nhs.net](mailto:nhsi.selll@nhs.net)*

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### Keep in touch:

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