

Burnout Prevention

Thursday 10th September 2020

Mecure Leeds Parkway Hotel, Otley Road, Leeds, LS16 8AG

12.00pm Registration, 12.30pm Welcome and 4.30pm, Close

NHS Data shows that anxiety, stress, depression and other psychiatric illnesses account for nearly a quarter of the staff absences in their yearly report in April 2019, far outstripping other reasons for absence.

Caring for yourself, means you can care for others better and for longer; it also teaches other generations of care providers that you as a person are important. All caregivers are valiant and crusaders, but you recharge your mobile phone more than you recharge yourself. Burnout is preventable, but you have to choose to want to prevent it by changing your beliefs, which in turn will help you see your blind spots, areas that are stopping you, then how to reset your thinking process to empower you, for a better future.

After attending this course, delegates will be able to:

- Identify negative thoughts and beliefs (change self talk)
- Prioritise areas in their life that they want to improve
- Practical strategies to use easily anywhere, anytime.

About our speaker:

Linda Sage MA, BA Ed(Hons) DTM

Successful Mindset & Resilience Expert, Trainer, Coach, International Speaker, & Author

As an eminent criminal psychologist, she had been working in most of the famous prisons in the UK with many of the most notorious prisoners in recent history. In a major burnout, Linda not only left her job, sold her house, burnt her corporate suits, she also moved countries as well. For 6 years she never spoke about her psychology background, needing to take time to repair and rebuild herself. In 2011, Linda took a 12-week contract in Saudi Arabia, which led to her staying there 6 and a half years. In that time she also started to mentor, train; present keynotes and seminars on the importance of emotional resilience, self-care and avoiding burnout. In 2017, Linda returned to England with a plan to finally launch her own company Successful Mindset Ltd, she published *Caring for the Caregiver*, a proactive book to help people who care about others to learn to care for themselves too. Linda is an award-winning international speaker, trainer, mentor and author. With practical, sustainable systems for enhancing emotional resilience, enabling change and enabling self-care. Her passion now is to share her knowledge, expertise and strategies with as many people as possible to help them avoid the trauma of burnout.

Course Fees:

£105.00

All learning materials, lunch and refreshments are included.

Reservations:

Please complete the reservation form overleaf and post or scan to:
Events Administrator, Andrew Sims Centre, 2150 Century Way, Thorpe Park, Leeds, LS15 8ZB. (Please note this is our correspondence address only.)

If you are paying by debit or credit card, why not BOOK ONLINE and receive a £10 discount on the advertised price?

Study Methods and Accreditation:

Lectures, small group work, group discussions, question and answer sessions, case studies, case directed discussions etc. This course is eligible for 3 CPD hours subject to your peer group approval.

This conference is suitable for:

Healthcare and caregiving professionals of all stages



Andrew Sims Centre Reservation Form

Course Title: **Burnout Prevention**

Date: **Thursday 10th September 2020**



Leeds and York Partnership
NHS Foundation Trust

YOUR DETAILS

PLEASE PRINT YOUR DETAILS IN BLOCK CAPITALS

Title First Name
Surname Job Title
Speciality
Trust / Organisation
Preferred Mailing Address
..... Postcode
Work Telephone Mobile
Email
Dietary Other

Signature Date

NEWSLETTER AND MARKETING

We want to stay in touch, to let you know about our future courses, discounts and ASC news. If you want to receive this information via our email Newsletter, sent every two weeks, please tick []

COURSE FEES

[] One Place £105.00

Promotional Code Making Course Fee £.....

BOOKING & PAYMENT OPTIONS

Please choose ONE of the following payment options (1 to 6)

- 1. ONLINE:** andrewsimscentre.nhs.uk and RECEIVE £10 DISCOUNT
- 2. TELEPHONE:** 0113 855 5638
- 3. POST:** Administrator at Andrew Sims Centre, 2150 Century Way, Thorpe Park Industrial Estate, Leeds, LS15 8ZB
- 4. BACS:** Account Number: 10003312 Sort Code: 60-70-80
Please use ref ASC100920DELEGATENAME
- 5. INVOICE:** Please send a copy of Purchase Order with delegate details to andrewsimscentre.lypft@nhs.net
Trust
Purchase Order Number
- 6. LYPFT Internal Transfer:**
Budget Holder Name.....
Budget Holder Email
Budget Code:
Budget Holders signature
Budget Transfer will occur in **September 2020**

All Payment must be received in advance of event.

HOW TO BOOK

If you are paying by debit or credit card, please BOOK ONLINE, otherwise please complete the reservation form and either post to: **Events Administrator, Andrew Sims Centre, 2150 Century Way, Thorpe Park, Leeds, West Yorkshire, LS15 8ZB** or Email it to **andrewsimscentre.lypft@nhs.net**.

Please note this is our correspondence address only. Please check individual courses for venue details.

PAYMENT METHODS

We prefer to receive payment by credit card. If you would like us to invoice your organisation, a copy of your Trust's or organisation's official purchase order must be enclosed with this booking. **Payment must be received before the course date.** If payment is not received by the day of the course, you will be asked to guarantee your place with a personal credit card on the day. Leeds and York Partnership NHS Foundation Trust staff must provide a budget code and budget holders authorisation.

ACCREDITATION

This course is eligible for 3 CPD hours subject to your peer group approval.

THE VENUE

The Mercure Leeds Parkway Hotel is situated 6 miles north of Leeds on the A660. Close by are links to the M1, M62, M606 & A1. Complimentary parking is available at the hotel, please use postcode LS16 8AG in Sat Nav.

CONFIRMATION OF RESERVATIONS

All reservations will be confirmed immediately in writing. Further details including programme times and venue information, will be forwarded approximately 2 weeks prior to the event date. Please ensure you have provided an email address as all booking confirmations will take place by email.

RESERVATION & CANCELLATION POLICY

Cancellations must be received in writing at least two weeks prior to the course date to be entitled to a refund, which will be subject to a 20% administration fee (minimum £20). We regret that cancellations received after this date cannot be refunded, and refunds cannot be made for failure to attend the event. However, a substitute delegate will be welcomed in your place at any time.

FURTHER INFORMATION

The Andrew Sims Centre ("ASC") is part of Leeds and York Partnership NHS Foundation Trust ("LYPFT"). Your personal information will be stored and processed by the ASC, Stripe and HMA according to the General Data Protection Law ("GDPR"). If you would like further information about this please contact us. Your personal information will be used by the ASC to process your application to attend our events.

If you would like to keep up to date with our events and activities, please tick []

If you have booked with the ASC before and already receive our Newsletter and want to unsubscribe please tick here []

If you would like your details to be made available to our third-party partners such as selected event co-partner organisations, or to companies sponsoring or exhibiting at our events, please tick []