

Professional Support Unit, HEIW Differential Attainment Webinars

Dates	Title	Description	Aims & Objectives
Available to book	<p>Mentor and Mentee Training - Getting the Most out of Mentoring</p> <p>2 Hours Workshop Face to face (when possible) 2 CPD points</p> <p>Or</p> <p>Two 1 Hour Webinars 1 CPD point each</p>	<p>2 Part webinar or one face to face workshop. Possible to run on separate days or together.</p>	<p>Part 1</p> <ul style="list-style-type: none"> • Concepts of mentoring • Topics for mentoring in a healthcare setting • Mentor and mentee relationships, behaviours and responsibilities to each other <p>Part 2</p> <ul style="list-style-type: none"> • Mentoring skills and tools • Core skills that both mentors and mentees should be familiar with focus on tools for achieving goals such as setting the SMART objectives, using the GROW model and Johari Relationship Window to maximise successful outcomes
<p>27-Jan-21 7pm – 8pm</p> <p>05-May-21 7pm – 8pm</p> <p>07-July-21 1pm – 2pm</p>	<p>Developing Diverse Workforce for a Global Diverse Patient Groups - Active Bystander Training</p> <p>1 Hour Webinar 1 CPD point</p>	<p>Webinar or face to face teaching which considers why we need active bystanders, who they are and what they do.</p> <p>Be an ally – learn how you can become an active bystander.</p>	<ul style="list-style-type: none"> • What does it mean to be an Active Bystander? • Difference between noticing behaviour and doing something about it • Barriers to intervention • How to intervene safely

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13-Jan-21 1pm – 2pm	Developing Diverse Workforce for a Global Diverse Patient Groups – Addressing Differential Attainment 1 Hour Webinar 1 CPD point	Webinar or face to face teaching which looks at the who, what and how of Differential Attainment before moving on to consider the system, institutional and importantly individual interventions that make a difference.	<ul style="list-style-type: none"> • What is DA? • Who does DA affect? • What is the effect? • What is HEIW doing about DA? • What can you do about DA?
26-Jan-21 1pm – 2pm			
03-Feb-21 7pm – 8pm			
11-Feb-21 1pm – 2pm			
26-Feb-21 1pm – 2pm			
03-Mar-21 1pm – 2pm			
14-Apr-21 1pm – 2pm			
20-Apr-21 1pm – 2pm			
12-May-21 1pm -2pm			
19-May-21 1pm – 2pm			
17-Jun-21 1pm – 2pm			
02-Jul-21 1pm – 2pm			

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07-Apr-21 7pm – 8pm 09-June-21 1pm – 2pm	Crucial Conversations: Giving and receiving feedback 1 Hour Webinar 1 CPD points	Webinar or face to face teaching where we consider feedback conversations, why they're crucial before moving on to the format and technique for success.	<ul style="list-style-type: none"> • An exploration of how crucial conversations are defined • Why feedback is important • Why we worry about feedback and the skills in receiving feedback.
10-Feb-21 7pm – 8pm 26-May-21 7pm – 8pm 21-July-21 1pm – 2pm	Minimising Imposter Syndrome Webinar 1 Hour	Imposter syndrome is the feeling of being a fraud, despite evidence to the contrary. This webinar is aimed at anyone who identifies with impostor syndrome or who would like to understand more to support others.	<ul style="list-style-type: none"> • Recognise signs of Imposter syndrome • Effects of Imposter syndrome • Risks Imposter syndrome • Steps to manage and overcome symptoms
17-Mar-21 24-Mar-21 31-Mar-21 All 7pm – 8pm 16-June-21 23-June-21 30-June-21 All 7pm – 8pm	Exam Support Webinars 3 Parts 1 Hour each	A series of 3 webinars providing practical tips and resources for a structured approach to revision, suggestions for maximising preparation time and tools for combatting anxiety to achieve exam success.	Part 1 <ul style="list-style-type: none"> • Reflecting on your approach • Organising your resources • Review of your College guidance Part 2 <ul style="list-style-type: none"> • Creating a realistic study plan • Generating support • Accelerating your learning Part 3 <ul style="list-style-type: none"> • Final Preparation • Managing exam anxiety • Tips for MCQs

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21-Jan-21 26-Jan-21 09-Feb-21 11-Feb-21 23-Feb-21 02-Mar-21 10-Mar-21 18-Mar-21 All 10am – 12.30pm and 2pm – 4.30pm	Unconscious Bias 2.5 Hours each 3 CPD points	Everyone has subconscious biases. They are simply the brain's way of coping with and categorizing all the information we receive every day. Our tendency to discriminate against a group or type of person may not be intentional, but we can still do something to change it. The more we expose ourselves to ideas, images and words that challenge negative stereotypes, the less discriminatory we will be.	<ul style="list-style-type: none"> • Defining unconscious bias • Recognising the 'science' behind unconscious bias • Identifying personal and business reasons to tackle unconscious bias • Understanding organisational and individual biases and assessing their impact • Identify the equalities issues associated with unconscious bias, and how to take them into account • How unconscious bias can affect judgement when dealing with others • Identifying strategies to minimize the impact of biases • Creating personal strategies to minimise the impact of our own biases using a diagnostic tool/framework

To book your place please contact:

Heiw.professionalsupport@wales.nhs.uk

CPD approval has been sought from the Federation of Royal Colleges of Physicians and we will notify you once approval has been granted.