

DISCOVERING LEADERSHIP SESSION 1: CONNECTION

Objectives of programme

- Help you start to learn about yourself as a leader, give you space to reflect.
- Build your skills and confidence to lead change to improve outcomes.
- Help you to start thinking more systemically, address problems at their root and the avoid unintended consequences.

Throughout the programme, we ask you to:



Be curious



Be open



Respect one another

Session guidelines:

- Use the chat to share comments and ask questions.
- Calls are not recorded.
- Assume confidentiality.
- We ask that you join from a space that is safe to do so and minimal distractions. If you need to leave please do and if you can't re-join then email leadership.

Brief overview of programme

- **5 core sessions. On zoom for 1.5 hours.** Bringing a group together and focusing on a key area of leadership and leading change.
 - In the core sessions we will **encourage participation**, reflection, sharing ideas and opportunity to apply the learning to the area of improvement you hope to work on.
- **Electives** - In addition to the core sessions, we want the programme to be flexible to your different leadership journey needs.
 - You will have the opportunity to join 'electives' that feel beneficial to you.
 - To complete the course you need to participate in at least one, but you can also do as many as you like.
 - We will learn from you, what these topics need to be. Share with us in the pre-survey if there is an area you would find helpful to explore.
 - Bonus session – hearing from inspirational leaders.
- **Workbook** – You will have also been sent a workbook which has the session learning objectives and space to take notes and reflect on what you've learnt.

- **Community trial** – In an effort to work more systemically and to recognise the importance of involving people from all areas of the system in improving care we are trialling the inclusion of people who are working to achieve better outcomes but are not healthcare professionals. We think this is an important opportunity to hear from different perspectives and make connections that may not have otherwise been forged. Please let us know if you have any questions about the trial.

Logistics of sessions

- **Reflection** – Reflection is one of the best ways to learn, we give you that opportunity in these sessions to do that. But you can do this throughout your day when you practice using your skills
- **Sessions are practical** – We utilise a lot of breakout rooms and we know participants get a lot of value of meeting and talking with people who are facing similar challenges and there are a lot of rich discussions. To get the most out of the we ask that you don't attend the sessions while driving.
- **Group spokesperson** – After breakout rooms we will be asking for people to feedback to the wider group. Use this as an opportunity to practice your synthesising and public speaking skills
- **Check in and outs** – Simple questions at the beginning and end of meetings. Something we would recommend you do in your teams and meetings. Feels weird at first but helps to build trust and empathy, and helps people be present in the session and gain closure at the end.
- **Menti** – A tool we will be using throughout the programme. When required we'll put a URL in the chat. Gives everyone the opportunity to provide answers.
- **Session Evaluations** – At the end of every session will put up a quick evaluation that will help us ensure that the programme is giving you what you need. Will take a minute max and will be run on Menti.

Building your compass

The aim of this is to find your way to becoming an effective leader and what that means for you. In this programme you will discover models of leadership and hear from leaders who will inspire you. But that doesn't mean you should choose a model or an inspiring leader and try to follow that exact path. The idea is to be inspired while maintaining your sense of self.

Use these questions to help you write your work view.

- Why work?
- What is work for?
- What does work mean to you? And to others?
- What defines good or worthwhile work?
- Why are you interested in leadership? What does it mean to you?

Next session

Communications and Insights – 4th May.

Any questions or concerns about the programme please contact leadership@diabetes.org.uk