



Resilience Based Clinical Supervision

The Foundation of Nursing Studies (FoNS) is delighted to offer a fully-funded programme of Resilience-based Clinical Supervision specifically for nurses in England's social care sector.

Nursing in a social care setting is recognised as increasingly challenging in today's world. Resilience-based Clinical Supervision (RBCS) is a way of supporting you and your team by recognising your own and others' emotions and how you can positively respond to them.

RBCS is a tried and trusted model experienced by hundreds of nurses across the country and beyond. The model's rationale is to increase an individual's ability to respond positively to the emotional and physiological demands of their role.

Who's it for?

The programme is aimed at nurses in any social care setting. Participants will experience RBCS themselves, have the opportunity to practise and be supported to deliver RBCS to their care teams. This programme will provide you with evidence for revalidation and CPD.

Benefits for the individual: *Participants develop new skills in facilitation, communication and active listening*

'I listen a lot more and allow others to speak a lot more first, I don't come up with the answers for people anymore. I get them to think about what they think the answers are and support them through, so that has helped me a lot'

Participants develop an understand of the emotional systems which can underpin our behaviours

'Most important learning points for me were: how to manage emotions, not to focus on things that are beyond my control and positive reframing'

'Check in at the start of training, helps people feel important and cared for as a person and human being'

Impact on colleagues: *Better team working, mutual understanding and letting colleagues know they are valued and respected*

'The importance of self-care, being compassionate to self and others, if nurtured well, it can have a positive impact on teamwork'

Organisational benefits: *Hugely supportive for students and preceptors. Supports the wellbeing of all staff*

'I think my cup feels fuller and therefore I'm more able to provide and give to others and to myself. Having more of an awareness about my resilience and in turn everyone else's'

Interested?

Programmes consist of 5 sessions: 3 x 3 hours and 2 x 2 hours over a period of 10-12 weeks

6-8 people at the online sessions

For more information visit <https://www.fons.org/learning-zone/clinical-supervision-resources/rbcs-social-care>

Or contact: rbcs.socialcare@fons.org



Terms and Conditions:

This is not a webinar—you need to be willing to participate actively. You will need to access on a computer with camera and mic.

Sessions build on one another so you need to be able to commit to attending all sessions.

A key to success is organisational buy-in, please consider this before signing up to the programme as you need time and resources.