

Battling Burnout and Tackling Stress: Improving the Health & Wellbeing of NHS Staff

Taking place in Zone 1 Central London (Venue TBC) | Wednesday 28th March, 2018

10.15 Registration & Morning Refreshments

11.00 Chair's Introduction

11.05 Wellbeing in the Modern NHS

- Improving staff wellbeing in the face of budget deficits, increased demand and more complex workloads
- Reducing temporary staffing spending while maintaining a quality service
- Enhancing the staff experience to create more resilient and engaged employees

11:45 Battling Burnout & Stress

- Understanding the root causes and impacts of stress and burnout
- Battling burnout and tackling stress: practical measures that can be taken
- Effectively working in partnership with charities, occupational health experts and union representatives to support staff

12:15 Tackling Sickness Absence and Promoting Mental Wellbeing

- Meeting the NICE quality standard: improving employee mental & physical health
- Tackling the causes of sickness absence
- Identifying a board-level director and senior clinician to champion staff wellbeing

13.15 Networking Lunch

14:00 Good Practice Seminar: Developing Your Approach

- National good practice in supporting the health and wellbeing of NHS staff
- Changing workplace cultures to help staff deal with heavy workloads
- Improving conditions to increase the retention of frontline staff

15.30 Event Close

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