

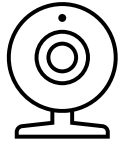
Welcome!

We will be with you shortly, please introduce yourself in the chat:

- Name
- Organisation
- Role
- Where are you joining us from today?



Housekeeping



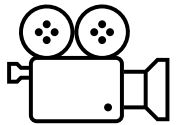
- **Please keep your cameras and mic off**, the webinar is recorded therefore all mic and camera will be off by default.



- **We'll be using chat** to gather some of your responses and for you to share any thoughts and comments throughout the session



- **Don't panic if your technology isn't working**, please re-join the session when you can



- **If you need to leave during the session**, that's ok with us – you can find a recording of the webinar on the Leadership Links webpage [Webinar library | Turas | Learn \(nhs.scot\)](#)

Leading to Change: What's on Offer



Website



App (incl My Learning)



Does Compassionate Leadership Actually Matter?

This month we move from leadership fundamentals to the often misunderstood topic of **Compassionate Leadership**.

There is a bit of a 'marmite' reaction when the phrase is mentioned; some love the idea, endorse the topic, believe it is the key to culture change and enhance their own leadership. Most react with a shrug.

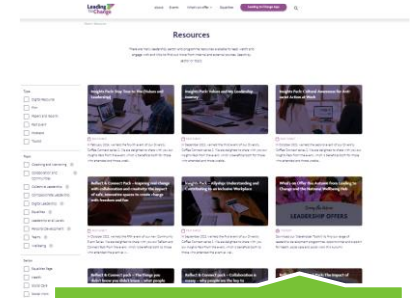
Leadership 'Friday Emails'



LEADING TO CHANGE
COMMUNITY EVENT SERIES

VIRTUAL EVENT

Events



Resources



Awesome Cards



Programmes



Podcasts



Allyship Hub

How to Find Out More



Website: <https://leadingtochange.scot/>



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Email the team: hello@leadingtochange.scot



Keep in touch: [Leading to Change weekly email](#)

Leadership and Management Zone

Strengthening leadership and management at all levels of health and care

[Learn Home](#) > [Leadership and Management Zone](#) > [Leadership capabilities](#)

Browse by Leadership Capability



Collaborating and Influencing



Creativity and Innovation



Empowering



Motivating and Inspiring



Self-leadership



Vision

Record your Learning

You will be able to record that you have attended this session within the new 'My Learning' page on the Leading to Change app.

You will receive a link to do this within our evaluation form, which we will send out to you after this event has taken place.

Please note that this link will take you to the Turas log-in page. Once you are logged in, you should see this event appear in your 'My Learning' page as seen below.

This feature will only work if you have completed the set-up of your profile within the Leading to Change app.

Introduction

You can now track a selection of our development offers available on the website here in your new My Learning page. To do this, look out for the 'Record your Learning' button on pages, which is placed at the foot of the resource, page or content description. You can also access this through QR Codes made available at any Leading to Change events you attend. All learning that you log in this way will be listed below. You can save this page by selecting 'print' and then 'save to pdf' to use for your own records or CPD.

| Name | Type | Duration | Date | Link |
|---|-------|----------|-------------------------|----------------------|
| Leadership Links: Difficult conversations in collaboration, change and negotiation - Record your Learning | Event | 50 mins | 11:53 - 31 October 2023 | View |

The Journey to Better Times

10 Elements to living well with serious illness and long-term conditions



Audrey Birt

**“There will be better
times”**



**Element 1: Know who
you are.**

**Element 2: Understand
your values.**

**Element 3: What are
your strengths?**

**Element 4: Who and
what brings you joy?**

**Element 5: Working as
a partner in care.**

**Element 6: Learning
from others with lived
experience.**

**Element 7: Process
what has happened.**

**Element 8:
Understanding grief
and loss.**

**Element 9: Nature,
nurture and food.**

**Element 10:
Compassion is core.**

Discussion

- **Summary and questions from the chat**
- **If you want to ask a question or comment then raise your hand or use the chat box**

Journey to now

The Journey to Better Times

10 Elements to living well with serious illness and long-term conditions



Audrey Birt

First, how to focus
when drowned in fog,
a haer that tempted
my eyes to close
safe in sleep.
Sofa beckoned.
This journey was
sickness, grief, loss.
Unrelenting.

Yet the gestation of this book
and birth compelled.
This was mine,
held close.
The words,
questions
the feelings -
all mine.
Mine to share
editors then
with you.
Feedback triggers fear.
Doubt.

Again my cancer
trying so hard to win.
Can I keep going?
And yet
I can offer you this.
It's for you
and.....me.
I captured this
to be heard.
To know the struggle
is for more than
a knitted baby cardigan
a blog of part-truths.
A book I wanted to read.
To write
and live on
when my journey is complete

Thank you!



Do you want to know more?

We would like to thank Audrey for today's insightful session.

- If you would like to buy a copy of Audrey's book, here is some information on where to find it:
- The Journey to Better Times · Paperback:
<https://www.ebay.co.uk/itm/394965421080>
- Or, if you prefer email Audrey directly on audrey.birt@yahoo.co.uk and she will share how to pay by BACS at a lower cost) ·
- On Kindle The Journey to Better Times: 10 Elements to living well with serious illness and long-term conditions eBook : Birt, Audrey:
[Amazon.co.uk: Books](https://www.amazon.co.uk/books)

Future dates

| Date | Leadership Theme | Event Title |
|-------------------------|------------------|--|
| 22 nd August | Self-leadership | <u>Compassionate Leadership – a resilience perspective</u> |

Don't forget the evaluation form 😊

Thank You!