

# Conversation, Courage and Culture webinar series for newly qualified practitioners

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## Aim

The Practice Education team identified a need to support newly qualified practitioners (NQPs) develop fundamental understanding of their emotions, which can impact on health and wellbeing as NQPs within nursing, midwifery and AHP roles. Introducing a 4-part webinar series, which would also support NQPs moving forward whilst working through emotions experienced, encouraging them to recognise and process how emotions impact on their practice, teamwork and delivery of safe, person-centred care.



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1. Webinar 1: Conversation, courage and culture
  2. Webinar 2: Emotional agility
  3. Webinar 3: Your health and wellbeing as a NQP
  4. Webinar 4: Civility Saves Live

## Methods

The webinars offer an opportunity to develop a deeper understanding of their emotions and build on these, grow as practitioners whilst feeling a sense of value, belonging, empowerment and being heard, which will contribute to a healthier working culture and encourage this at an early stage of their professional careers.

## Outcome/Results

Recent evaluations of the pilot were received from more than 50% of 80 attendees, all of which found the webinars to be beneficial and would also recommend them to peers.

### NQPs provided their take home messages from webinars:

I feel understood.

Learning what I'm feeling is normal

To have more belief in own ability, be open to ask questions.

Tackle complex emotions with curiosity. Practice what we preach to patients.

Self-care and wellbeing is vital for the provision of safe and effective care

Importance of self-care and compassion for preventing burnout

The importance of being considerate of others around me and how my emotions can impact this.

Understanding my workplace better by having a safe space to discuss.