

NES 2022 Hybrid Staff Conference

Tuesday 6 September - Online and at Perth Concert Hall

PROGRAMME

Aims of the day:

- Reconnect with colleagues from across NES
- Share approaches to wellbeing and resilience
- Pause and reflect on the work practices that have arisen since the pandemic
- Reflect and celebrate NES's achievements over the past 20 years and consider how this informs our future and how we continue to meet the needs of our service users in the future

09:45 **Registration** including tea, coffee, networking and stands celebrating 20 years of NES

10:15 **Welcome and Setting the Scene** *Karen Reid, Chief Executive, NHS Education for Scotland*

10:20 **Ice-Breaker**

10:40 **Wellbeing at Work - can it really work?** *Dr Emma Hepburn, Clinical Psychologist / Project Lead, Staff Wellbeing Programme, NHS Grampian ([PsychologyMum](#))*

11:40 **Breakout Sessions - run both online and in person. Attendees will go to all sessions.**

1. **Digital Wellbeing** *Mind Over Tech*

12:10 **Comfort Break**

12:25 2. **Talking with the TEL Team: transformative journey and lived experiences** *Technology Enhanced Learning Team*

3. **Hybrid Working: where are we now and where are we going?** *Organisational & Leadership Development Team*

13:25 **Lunch**

14:10 **Strategic Future** *Karen Reid, Chief Executive*

14:30 **Executive Team Q&A** *Karen Reid and Executive Team Colleagues*

15:00 **NES Stars** *Tracey Ashworth-Davies, Director of Workforce and Deputy Chief Executive, NHS Education for Scotland*

15:50 **Closing Remarks** *Douglas Hutchens, Vice Chair Board, NHS Education for Scotland*

15:55 **Close**