

TEAM SYSTEMIC SUPPORT

Working as a team in the health, social care or emergency sectors can be challenging. Here at the Hub, we recognise that teams and organisations sometimes need support to make sense of those challenges and find sustainable strategies to support their wellbeing.

Our team systemic support aims are:

- To enable conversations about the impact of your work and the systems you currently work in.
 - To share an understanding of skills.
- To work with you, to create environments that promote well-being and opportunities to thrive, through connection, purpose and meaning.



If you are a manager, service or team leader, or a clinician with managerial responsibility, our systemic team support offer allows you to directly access help from the Hub.

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We will aim to respond to you within two weeks with some dates to talk more with about the current difficulties being faced and begin to generate together a plan as to how we could support your team.

We have a range of support interventions on offer, including: 90 minute facilitated sessions, focussed on factors which can impact on team well-being, 6-12 sessions for groups - including reflective practice or compassion focussed staff support. Up to 6 sessions of extended consultation, (to support and advise on goal setting and problem-solving at a more strategic level)

Where longer term support for your team is needed, we can support you in identifying other sources of support, where possible, or help to signpost you to other services if what you require is not available within the Hub.

Refer here:

