Joined Up Care Derbyshire

NHS
Derby and Derbyshire
Clinical Commissioning Group

It's all about YOU (and the 'new normal')

For Derbyshire and Derby City Professionals working with Children and Young People

Friday 11 June 2021 - 14:00-15:00

Fully funded by NHS Derby and Derbyshire CCG and delivered by Jason Todd from Art of Brilliance



With the **'new normal'** still settling in, it's a chance for us to take stock and decide how we want to operate. This webinar is for those who don't want to race back to the bad old days of long hours, 20 minute lunches and general busyness. It's a chance to shape what you want your 'new normal' to be.

In this session, we explore:

- what we have learned from the last 12 plus months
- the new habits we have developed
- things you have noticed
- what we want to take forward.

Chances are, you will already know your '2%ers' from your 'mood hoovers' and we want to equip you with more simple, doable tips to help you survive whatever the world throws at you. As always, the messages are delivered in our fun, entertaining and engaging style.

Plot spoiler alert: There is no silver bullet of wellbeing and happiness. This session is about nailing what works for you.

Intended Outcomes:

- Explore what we have learned from the last 12 plus months
- Equip you with more simple, doable tips to help you survive whatever the world throws at you

Course fee £0.00
To book your place, click on www.derbyandderbyshireemotionalhealthandwellbeing.uk and add the course title in the search box, then click **book now**. Places are limited. This course is hosted online via **MS Teams**. To join the session, click on **'View the event'** in your booking confirmation email.

Joined Up Care Derbyshire

NHS
Derby and Derbyshire
Clinical Commissioning Group

Cancellations and Non-attendance

If you are unable to attend for any reason, please cancel or amend your place via Eventbrite using the email address you registered with. You can also access your booking via your original confirmation email. Alternatively, please email us as soon as possible at training.events@derbyshire.gov.uk as non-attendance deprives other delegates of a place.

Although these are advertised as fully funded events, all courses incur costs to cover the tutor, resources and administration. As this is public money being invested in training across Derby City and Derbyshire, we have a duty to use it responsibly.

Data Protection Statement:

Data relevant to your personal details will be stored in a secure information system within Derbyshire County Council's Integrated Workforce Development Section. We use the information you provide to complete DfE returns and any other statutory Government returns as required by law.

The above personal information will be used in order that Derbyshire County Council can retain a record of your training activity. The information will be retained securely by the Council in line with Derbyshire County Council's retention schedule.

Your information will not be shared with any third parties without your consent, except for when we are required to do so by law.

For more information on how Derbyshire County Council uses data we hold about you, how long we keep it and your rights relating to it, e.g. to have it corrected, erased, restricted, transferred or to see your data, please go to our website at www.derbyshire.gov.uk/gdpr . If you would like to contact Derbyshire County Council's Data Protection Officer, please email GDPR@derbyshire.gov.uk . You have the right to contact the Information Commissioner's Office if you have any concerns about how Derbyshire County Council handle your data.

By submitting this form, I agree I have read the above Data Protection Declaration and agree with these terms. I certify that the information provided on this application is true and correct.