



Connected, Authentic
Resilient & Empowered

How long is the CARE programme?

The CARE programme consists of 8 **weekly** sessions, each 2 hours in length, with the NCL programme to run as follows:

Module	Date	Time
1	Tues 18 th April	09.30 – 11.30
2	Tues 25 th April	09.30 – 11.30
3	Tues 2 nd May	09.30 – 11.30
4	Tues 9 th May	09.30 – 11.30
5	Tues 16 th May	09.30 – 11.30
6	Tues 23 rd May	09.30 – 11.30
7	Tues 6 th June	09.30 – 11.30
8	Tues 13 th June	09.30 – 11.30

Is the programme face to face or virtual?

Each module is run via the Microsoft Teams platform. We have included below some top tips for attending virtually.

- Please be prepared to share your video – it's always great to see you
- It is better to work in a quiet place for the sessions
- The sessions are very interactive so please ensure your microphone is working

What topics does the CARE programme include?

The CARE programme consists of 4 x population health management sessions and 4 x wellbeing and resilience sessions. Below is an overview of the sessions from start to finish.

Module	Topic	Title
1	Population health	Building my understanding of the context in which I work
2	Wellbeing	Building my understanding of self
3	Population health	Building my purpose as a distributed leader
4	Wellbeing	Building my inner team
5	Population health	Building my project or support team
6	Wellbeing	Building for effective engagement
7	Population health	Building our leadership and influencing capability
8	Wellbeing	Building for impact



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What is expected of me during the course?

Our aim is to facilitate experiential learning, not to lecture you or bombard you with PowerPoint and theory! Our sessions are informal, highly interactive, and we ask that you immerse yourself in the experience and encourage you to actively contribute.

As part of the programme, we encourage you to undertake an improvement project. These can be as big or small as participants feel able to manage and delivered at a time that works for you. This isn't mandatory, though it is likely you are working on something, or know of an area of your population you'd like to focus on.

How do you apply to the CARE programme?

Complete the online [expression of interest form](#) by the deadline: **Monday 27th February 2023**.

What happens when the programme ends?

Following the end of the CARE programme, we will hold a celebration event and then move into AfterCARE, which is a continuation of the support available to you for both your project and wellbeing and resilience.



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