WESSEX Appraisal Service

Working in Close Partnership with
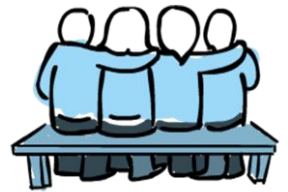
WESSEX Local Medical Committees

Supporting Our Professionals

Compassionate Leadership…

… Leading During a Crisis, the Launch of the Appraisal Professional Support Unit

Being treated with compassion helps us to feel safe and valued, which improves our cognitive function and wellbeing - we become more engaged and our performance improves. Leading effectively with compassion helps to counter stress and negative emotional responses. This in turn enables people to experience positive feelings such as hope and empowerment, and helps build resilience. **Click to read more.**

Other Useful Resources:

Leadership Matters

Read four great tips to assist with being an effective leader in challenging times, in a piece by Maggie Woods, Associate Dean at Health Education England Thames Valley.

Now Launching: The Appraisal Professional Support Unit (APSU)

COVID-19 means there is a real need to provide access to additional support for Medical Educators and Appraisers in **Wessex.** We have created the **Appraisal Professional Support Unit** to which you can self-refer during the COVID-19 pandemic. There are a variety of sections depending on the type of support you are needing — click **here** to find out more.

Click here for the APSU Self-Referral Form

Practical Approaches to Managing Collective Anxieties at Work

What have you lost since the arrival of COVID-19? What are you afraid of losing as the pandemic unfolds? Anxiety about loss is both highly personal and collectively shared. In this article for **The King's Fund**, Jo Maybin discusses ways of managing our anxieties about loss, and recommends strategies for adapting and surviving in a challenging work environment.

NHS Practioner Health Events Calendar

A calendar of upcoming workforce wellbeing events, including webinars, meetings, podcasts and more.

If you are feeling particularly overwhelmed or distressed, the Appraisal Service can be a safe place to talk to someone in confidence. Please contact us on appraisal.wx@hee.nhs.uk marked CONFIDENTIAL and we will get back to you.