

## 'Survive and Thrive' Wellbeing Sample Programme

1	Welcome and Introduction
2	Asking for Help
3	Know Thyself
	Break
4	Vulnerability as Strength
	LUNCH (45 minutes)
5	Practical Strategies (Psychologist, OCTC)
	BREAK (15 minutes)
6	Practical Strategies (Psychologist, OCTC)
7	Closing remarks

### Morning session: Know thyself and what can trigger stress

#### Introduction and Welcome

#### Asking for Help

Group Activity- why/when/permission to ask for help; Signposting to available curated resources

#### Know Thyself

Using the Myers Briggs Framework to understand personal preferences and how these relate to your work environment. Exploring positive psychological principles to identify possible strategies to improve well-being.

- Myers Briggs Type Indicator (MBTI) An introduction
- Positive psychology - how knowing your strengths can improve your mindset.
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**Vulnerability as Strength:** A facilitated group discussion exploring this concept in relation to professional role identity

### Afternoon Session:

#### **How to survive and thrive using CBT principles and techniques in a challenging environment -** Oxford Cognitive Therapy Centre

Experiential workshop introducing participants to ways of understanding themselves using a CBT model. The workshop will aim to give experiences of learning to recognise and work differently with unhelpful ways of thinking and coping in challenging situations.