

LEADERSHIP AND WELLBEING FOR MATERNITY



YOUR MENTAL HEALTH IN MIND

A psychology organisation that believes in the power of prevention, intervention and community

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MATERNITY IN THE UK TODAY

For every 30 midwives that qualify, 29 decide to leave the profession within 2 years post qualifying. Obstetrics & gynaecology specialists are amongst the highest rates of burnout reported.

LEADERSHIP AND WELLBEING PROGRAMME

Some of the content of this programme teaches all aspects of compassionate and relational leadership, managing challenging interactions & supporting staff through transitions & developing skills and confidence in areas of human factors. The thread of how and when to nurture ourselves and others runs throughout the programmes.

It is delivered online, through a series of workshops, coaching sessions & supportive drop-ins. To ensure learning is embedded, with opportunities to practice new skills and gain confidence it runs 6 months or longer, depending on the size of the organisation. It is for all staff in maternity across each level, from the senior leadership team to maternity support workers.



Each programme is evaluated, analysed and a detailed report is presented on completion of the programme.

We assess a range of workplace factors that might impact on the mental health and wellbeing of its staff, including psychological safety, levels of trauma, moral injury and supportive elements of their team or organisation.

The programme helps to shift cultures to one that is more nurturing of its staff, where they are better resourced to work in challenging environments and feel more confident in their role. Our app that accompanies the programme ensures this support continues when it's over.

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OUR STORY

Our experience of working with dedicated colleagues and clients, sometimes seeing them struggle motivated us to create something that supported mental health, wellbeing, and the achieving of potential in a changing and challenging world.

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DR JAN SMITH

Dr Jan is a chartered psychologist, she has worked with maternity teams over the past 15 years and is the clinical lead for Make Birth Better. Dr Jan is the author of Nurturing Maternity Staff and Managing PTSD.

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CRISPIN ATKINSON

Crispin was an NHS Director for a decade and was also a specialist in third sector health and social care organisational transformation, service improvement and growth. Crispin is a Leadership Coach on the programme.

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SUE NOYES

Sue is a professional Coach and Neuro Linguistic Programmer, experienced board member and trustee. Sue has worked in the NHS for over 30 years inclusive of a CEO role. Sue is a Wellbeing Coach on the programme.

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