



THE BRAVEST PATH

Welcome to the latest newsletter from The Bravest Path

A courage building consultancy focused on smart risk-taking and brave leadership.

In this issue:

A case study in courage and compassion at Great Ormond Street Hospital



The opportunity:

To develop a more courageous culture within senior leaders to enable them to better nurture and support greater emotional resilience, to raise engagement, build trust and encourage more self-compassion in clinicians.

The Approach:

Senior leaders from GOSH engaged in our courage-building programme to develop the skills required to practice greater empathy, lean into difficult conversations, practice greater self-compassion and to take more smart risks.

Based on the research of Dr Brené Brown, the programme engaged leaders with 2 days of development as a group and 3 months of 1:1 coaching to embed the learning.

Outcomes:

1. Improved Wellbeing and Engagement

Participants formed strong peer support networks that endure long after the programme.

2. Enhanced Leadership Capability:

Participants felt more willing to "go first", modelling vulnerability in a way that gave those around them permission to do the same.

3. Empowering Staff to Speak Up:

Participants felt more confident to speaking up themselves and more able to receive concerns of others with empathy and compassion. Greater willingness to challenge is correlated to improved patient safety.

Results:

All senior leaders agreed this positively impacted their well-being and experienced increased engagement at work.

This showcased the power and potential of a more courageous leadership culture that cultivates the psychological safety necessary for members of staff to speak up, speak out and when necessary, ask for help.

What are the potential barriers currently impacting your colleagues? How might you dig beneath the surface to identify and reduce them?

Would you like to understand more about how to nurture greater psychological safety amongst staff and develop a culture that encourages healthy challenge and accountability?



The Bravest Path has already helped many NHS Trusts implement our programmes supporting similar issues and concerns.

You can learn how to create workplaces where people have the confidence to act, let go of the fear of what others might think, and ask for what they need, by registering for one of our free webinars below.

Or get in touch at info@thebravestpath.com to learn more.

ANNOUNCEMENT:

Our latest complimentary webinars have now been released, with every member of NHS staff welcome to select one to attend:

31st October at 9.30am:

"The Courage to Speak Up"

3rd November at 9.30am:

"Shame and Suicide: Saving Clinicians Lives"

THE LATEST
COMPLIMENTARY WEBINARS
- TO LEARN MORE AND TO
REGISTER CLICK HERE

Here's what previous programme participants have to say:



"The most amazing program I have ever undertaken! I have learnt and experienced so much. I've connected with colleagues at a depth and level of meaning that I never thought possible. I can now seek their help and support, and this is something that I never would have previously done."

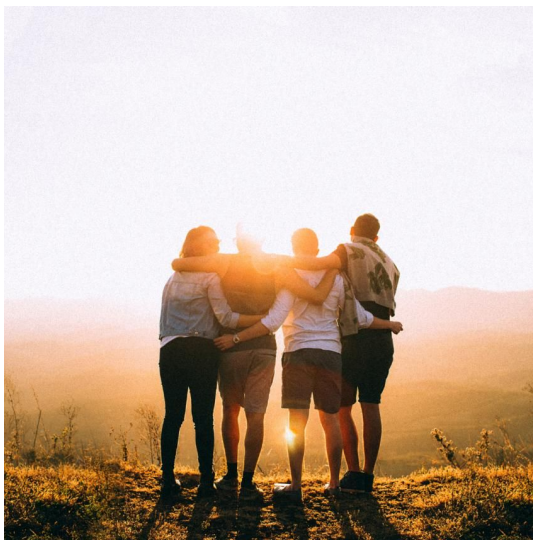


"The NHS has a long way to go in making their workforce feel valued and psychologically safe."

"This programme goes a long way towards helping staff feel valued, seen, supported, and trusted to do their best work."



" The program has had a huge impact! It enabled me to spend time focusing on me, which is rare. I was able to really unpick what makes me tick; why I may behave, think, and feel the way I do. No other course I have taken here or elsewhere, has supplied such lasting and far-reaching benefits."



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[Visit our website](#) to learn more about us and our programmes.

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