**Resilience Based Clinical Supervision Social Care**

**Managers Form**

**About Resilience-based Clinical Supervision**

Nursing in a social care setting is recognised as increasingly challenging in today’s world.

Resilience-based Clinical Supervision (RBCS) is a way of supporting you and your team by recognising your own and other’s emotions and how you can positively respond to them.

The Foundation of Nursing Studies (FoNS) is delighted to offer a programme that will enable nurses to experience RBCS with a view to becoming facilitators. This programme is free for participants.

RBCS is a tried and trusted model experienced by hundreds of nurses across the country and beyond.

The model’s rationale is to increase an individual’s ability to respond positively to the emotional and physiological demands of their role.

**Programme outline**

The programme consists of 5 sessions 3 x 3-hour sessions, followed by 2 x 2-hour sessions in small groups of 6-8.

It will be delivered online using Teams. There will be some pre-work (approx. 1 hour). The total commitment is 14 hours.

The programme will help your staff understand how RBCS works, what its underpinning values are, and support them to facilitate RBCS with your care team.

Dates for the whole cohort are compulsory and cannot be swapped with other cohort dates.

**Accessing the programme**

This is a virtual programme which involves individual participation and reflection. To get the most out of it, your member of staff will require:

• A quiet, private space where they feel comfortable and safe to participate and share learning

• Access to a laptop/computer/iPad which can access Teams, and which has a camera and a microphone.

This is a participatory programme

If you require any further information, please email [rbcs.socialcare@fons.org](mailto:rbcs.socialcare@fons.org)

Please sign the enclosed form and return to [rbcs.socialcare@fons.org](mailto:rbcs.socialcare@fons.org) to say that you support your member of staff to participate in the RBCS programme

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| Name of Participant of RBCS programme |  |
| Email of Participant |  |
| Name of Manager |  |
| Email address of Manager |  |
| Address of workplace |  |
| Signature |  |
| Date |  |