



The FoNS Weekly News



Overcoming self-doubt and building confidence: reconnect with your inner strengths

Delighted to share a blog from Nathan Illman. He shares a journaling exercise: Reflecting on past successes and your strengths to enable you to face challenges ahead.

Why not have a go?

[Read Nathan's blog](#)

RBCS Public Programme: Starts November

There is just one place left on this online programme of Resilience-based Clinical Supervision, open to all.

Maybe your organisation is thinking about commissioning a programme of RBCS? This is an excellent way to get experience the programme, as well as an opportunity to learn with and from other healthcare professionals from around the country.

The programme is tried and tested, highly evaluated and a great experience too. Maximum group size is 6 people.

Please note change of date for session 2.

14 November 2024, 09.30 – 12.30

28 November 2024, 09.30 – 12.30

5 December 2024, 09.30 – 11.30

19 December 2024, 09.30 – 11.30

16 January 2025, 09.30 – 12.30

£475 per person

[Book your place](#)

Joanne at the Nursing Times Award Event

FoNS was delighted to be the Charity Partner for this year's Nursing Times Awards. It was an opportunity to meet the fantastic shortlisted nominees and their colleagues, and to highlight some of the issues we feel are important in nursing today.

At FoNS, we believe it's really important to celebrate successes, to raise the profile of nursing and strengthen the nursing voice. The Nursing Times Awards event is an uplifting experience – celebrating all that is good in nursing and midwifery.

In her short speech, Joanne talked about the UK health, social care and nursing context and the urgent need to address workforce shortages, enhance the quality of care, and promote equality, diversity, and inclusion as well as ensure sustainable healthcare, workforce wellbeing, and person-centred care. Joanne was keen to take the opportunity to talk about the importance of focusing on the person, which includes patients, families, carers and staff and how this is core to the way FoNS works.

She also talked about the importance of collaborating with academic institutions, health and care providers, nursing and midwifery professionals, and persons with lived experiences in order to foster a culture of continuous improvement and innovation.

We'd like to say thanks to the Nursing Times for inviting us to be part of this evening and congratulations to all the winners and short-listed entries.

[Find out about the winners](#) (subscription required)

Photograph courtesy of Nursing Times

Second PerCIE International Research Conference

Thursday 21 November 2024, online, free

Rebalancing Perspectives: Knowing Me, Knowing You....Evolving Higher Education to promote community wellbeing and inclusive health

The Personalised Care Interprofessional Education Network (PerCIE) conference will bring together organisations to explore how we work in partnership to promote education about health and wellbeing, through empowering students to provide person centred approaches to care and understanding what matters to the individual.

[Book your free place](#)

Liked this week's issue? Don't forget to share!



[Privacy](#)

[Terms](#)

Foundation of Nursing Studies

11-13 Cavendish Square London W1G
0AN, London
United Kingdom

[Unsubscribe](#)

