90 Minute Leadership

OD recognise the challenges our leaders have in managing time constraints and setting aside time for development activities. Short, intensive development sessions can be a useful way of learning. Rather than spending a full day covering a relatively wide range of topics, our “90 Minute” leadership sessions will focus on specific topics, concentrating on key issues rather than the broader picture.

The next session is:

“Psychological Responsibility - Taking responsibility for your own psychological wellbeing and that of others”

Psychological Responsibility is about your responsibility to yourself to be mentally and psychologically fit, as well as helping others to feel the same. No one else can do this for you.

- What makes you feel psychologically well at work?
- What contributes to your own psychological wellbeing at work?
- Are you a cause of psychological distress in others?
- The Intelligent Behaviours that underpin Psychological Responsibility for others.
- Key attributes for Psychological Responsibility:
  - Attentiveness - the need to be attentive to other people all the time;
  - Independent thinking - because this is needed for you to keep control of your own mind whilst interacting with others, and;
  - Acting with compassion - as this is acting with empathy and understanding of human behaviour.

Host: Dr Derek Mowbray
Management Advisory Service

Time: 3.30pm for 90 Minutes
Date: Tuesday 18th January 2022

Register for the session - https://link.webropol.com/ep/OnlineLeadershipJanuary2022PsychologicalWellbeing