



Thriving at Work – Development Burst

Course Content

Working in a busy acute hospital will always be a challenge and therefore we need to equip ourselves in being able to thrive when we have to but also to feel part of a connected team when we need support. This session is designed to focus on happiness at work and considering strategies and approaches to managing ourselves during times of challenge in a busy hospital environment.

Target Audience

This session is aimed at all staff looking to learn new skills and develop in their current job role.

Course Delivery

This course will be delivered face to face in a classroom.

Booking Instructions

To book yourself onto the course, please [click here](#)

If you are unable to book on yourself, please contact your relevant site

Luton – trainingbookings@ldh.nhs.uk

Bedford – educationcentrebookings@bedfordhospital.nhs.uk



Date	Time	Venue
Friday 3 rd May 2024	09:00 – 10:30	Seminar Room 5
Wednesday 12 th June 2024	09:00 – 10:30	Fountain Suite
Thursday 11 th July 2024	09:00 – 10:30	Fountain Suite
Wednesday 11 th September 2024	09:00 – 10:30	Fountain Suite
Friday 11 th October 2024	09:00 – 10:30	Fountain Suite
Monday 18 th November 2024	09:00 – 10:30	Fountain Suite
Monday 9 th December 2024	09:00 – 10:30	Virtual – MS Teams
Monday 24 th February 2025	09:00 – 10:30	Seminar Room 5
Tuesday 18 th March 2025	09:00 – 10:30	Seminar Room 5