



# 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.

### 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 this course, please [click here](#)

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

Luton – [trainingbookings@ldh.nhs.uk](mailto:trainingbookings@ldh.nhs.uk)

Bedford – [educationcentrebookings@bedfordhospital.nhs.uk](mailto:educationcentrebookings@bedfordhospital.nhs.uk)



Date	Time	Venue
Wednesday 12 <sup>th</sup> June 2024	10:00 – 11:30	Training Room A Bedford Borough Hall
Wednesday 30 <sup>th</sup> October 2024	10:00 – 11:30	Training Room A Bedford Borough Hall
Thursday 13 <sup>th</sup> March 2025	10:00 – 11:30	Training Room B Bedford Borough Hall