

Preparing Critical Care Nurses for highly stressful clinical events and aiding recovery

We are inviting you to register for an innovative new training programme which is being delivered and evaluated as part of a research study funded by the Burdett Trust for Nursing.

Reboot prepares Critical Care Nurses for the highly stressful clinical events routinely faced in their work, which have intensified during COVID-19. It also equips Critical Care Nurses with the practical and psychological tools to learn and move forwards after such events.

What does Reboot offer you?

IT'S FLEXIBLE AND MODULAR: Comprises 2 webinars + 2 coaching calls (around 7 hours in total). You'll benefit from supportive groupwork with peers in the webinars and personalised, confidential coaching with a qualified and registered psychological therapist by phone.

IT'S TAILORED: The webinars use relatable case studies of stressful Critical Care events that you are likely to experience at work.

IT'S EVIDENCE -BASED: Uses techniques from Cognitive Behaviour Therapy to help you develop those skills and abilities which, research studies show, help strengthen individuals' coping when exposed to highly stressful events.

IT'S PRACTICAL: Includes practical exercises you can engage in to support your wellbeing and resources you can access when stressful events occur.

For more information and to register your interest, please visit **our website or scan the QR code:**
<https://yqsr.org/our-research-programmes/information-for-participants/>

