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GP Strategies®

Adult Care Level 3

Course Calendar

Workshop Schedule

Frontline Leadership in Adult Care

1 day*

- Leadership styles
- How to get the best out of others and the team
- Motivation and recognition to get the best out of others and the team
- Understanding how behaviours, strengths and attitudes of individuals contribute to the effectiveness of the team

Effective Supervision in Adult Care

1 day*

- What supervision is and its benefits
- What to look for from a supervisor and how to develop supervisors
- Different supervision approaches
- Supervision in induction

CQC Awareness and Legislation

2 day*

- About the role of the CQC in the care sector
- Aims of the CQC to ensure quality care
- Inspections that take place
- Meeting standards and requirements

First Aid at Work

2 days*

- Roles and responsibilities
- Head injuries
- Managing an emergency
- Health and safety (first aid) regulations
- Communication and casualty care
- Dealing with low blood sugar, asthma, poisoning, bleeding, resuscitation, bone, muscle and joint injuries, seizures, burns and scalds, severe allergic reaction, chest pains (including heart attack), shock, choking, spinal injuries, eye injuries, stroke, fainting, unresponsive casualty, defibrillators

Coaching and Mentoring in Adult Care

1 day*

- How to develop staff
- The principles of coaching
- Coaching models
- Effective coaching skills and techniques
- Producing a coaching/development plan

Stress Management and Resilience in Adult Care

1 day*

- Signs and indicators of stress in self and others
- Factors that can trigger stress
- Strategies for managing stress in self and others.
- Legal obligations
- Sources of support
- The impact of stress on personal and professional behaviour
- The role of the Lead Adult Care Worker as an effective manager of stress
- Developing an optimistic outlook and solid goals
- Developing our compassion and empathy
- Developing our focus on what we can control

*Maximum class size = 10 people

Stockport Course Schedule

	Days	Price	2019					2020						
			Aug	Sep	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun	Jul
Frontline Leadership in Adult Care	1	£150												
Effective Supervision in Adult Care	1	£150												
CQC Awareness and Legislation	1	£150												
First Aid at Work	3	£450												
Coaching and Mentoring in Adult Care	1	£150												
Stress Management and Resilience in Adult Care	1	£150												

Location of training

GP Strategies - Stockport Centre
Floor 4 Kingsgate
Wellington Road North
Stockport
Cheshire
SK4 1LW

Regions covered

- Stockport
- Manchester
- Macclesfield
- Tameside
- Altrincham
- Stretford
- Ashton-under-Lyne

How to book

Please complete the attached booking form and email to dcooke@gpstrategies.com, or call Denise Cooke on **0161 429 2460**.



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