

# Leading Well, Staying Well

## Tools & techniques for challenging times

1-day face-to-face training

Venue: Bradford Institute for Health Research, Seminar Rooms 1 & 2,  
Wolfson Centre, Bradford Royal Infirmary BD9 6RJ

Mon 5<sup>th</sup> October 2026

9.00am – 4.30pm

### A highly interactive day covering:

- **Leading change**
  - roles, remits & boundaries
- **Leadership style**
  - emotional intelligence, psychological safety
- **Managing burnout**
  - essentials from neuroscience & coaching
- **Involving patients & families**
  - Developing a trusting partnership

### *This workshop will be delivered by:*

#### **Dr Sarah Cooper**

*Executive coach & trainer*

Sarah was previously an NHS doctor with 19 years' experience as a Consultant in Anaesthesia and Intensive Care Medicine.

Sarah is currently an ILM Level 5 coach for individuals, teams, and executive leaders in healthcare & beyond.



#### **Dr Claire Marsh**

*Coach, facilitator & project manager*

Claire has a PhD in organisational change in the NHS and is an ILM Level 5 coach for teams and leaders in healthcare and academia.

Claire also provides culture improvement support to the Patient Safety Collaborative in Yorkshire and Humber.



Places are charged at £150 per person

To confirm your place, contact: [academy@yhia.nhs.uk](mailto:academy@yhia.nhs.uk)

[www.improvementacademy.org](http://www.improvementacademy.org)

