

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

Tues 23rd February 2027

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
- **Relationships with Patients & Carers**
 - establishing trust and respect in emotionally-charged situations

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

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