



## OptimiseM

### Swansea Bay UHB Men's Self - Development Programme

#### Expression of Interest Form

**Name:**

**NHS Email address:**

**Contact telephone number:**

**Role Title:**

**Band:**

**Staff Group (please delete as appropriate):** Nursing and Midwifery / Medical and Dental / Healthcare Scientists / Estates and Ancillary / Allied Health Professionals / Administrative and Clerical / Additional Clinical Services / Add Prof Scientific and Technical

**I am applying for (please check the relevant box):**

Future programmes ☐ (dates have yet to be confirmed)

To create successful partnerships in the programme, we need to build a full picture of all participants. Please answer the following:

- 1. Please briefly describe where you work and tell us about your current role.**



**2. Please tell us a little about your background, your career journey and what your ambitions might be:**

**Have you completed and recorded all your mandatory and statutory training?**

Yes ☐

No ☐

**Is your PADR/Appraisal up to date and recorded?**

Yes ☐

No ☐

**Applicant Declaration**

I confirm that I have discussed the opportunity of attending the Optimise M with my line manager.

If offered this opportunity, I commit fully to participating in the programme and representing Swansea Bay University Health Board.

I agree to share my learning experience with colleagues, discuss, evaluate and reflect upon the outcome of the learning with my line manager and colleagues across Swansea Bay UHB.

Applicant Signature:

Date:

**Line Manager Declaration**

I confirm that I have discussed the opportunity of attending Optimise M with the applicant.



I confirm that their mandatory and statutory training is completed/recorded and their PADR is up to date/recorded.

Line Manager Name and email address:

Date:

Thank you for taking the time to complete this information.

Please complete and return to [natalie.schell@wales.nhs.uk](mailto:natalie.schell@wales.nhs.uk)

**Places are limited and allocated on a first come, first served basis to those colleagues who meet the criteria, and are able to confirm their availability at all of the relevant programme dates advertised.**

**A waiting list will be held for applications over the number of places available.**

## OptimiseM Programme Overview

### Background

During 2022 SBUHB advertised two cohorts of a women’s self – development programme run by an external provider. They proved incredible popular and quickly generated a waiting list. Following extremely positive evaluation workshops a health board facilitator was commissioned to create an SBUHB version leading to the development of the Optimise Programme.

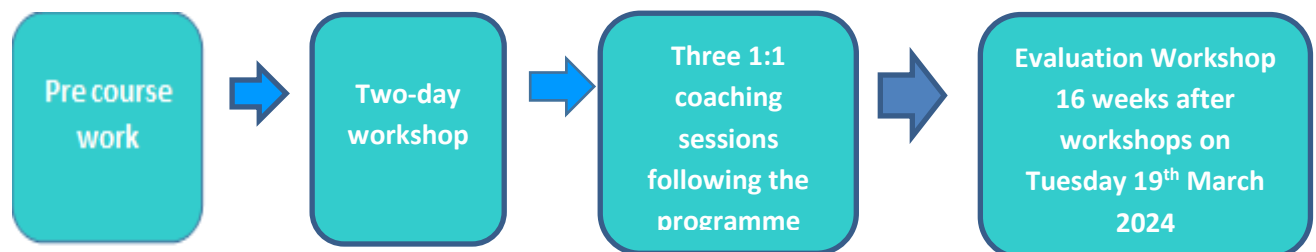
Having facilitated ten cohorts we believed the content would prove interesting for our male colleagues and ran a test cohort in November 2023.

The evaluations of this cohort were overwhelmingly positive.

We have not ruled out the possibility of running more however, a new facilitator is taking over the Optimise Programmes in 2024 and will be in touch in the late autumn (2024) to confirm the dates and times of future cohorts.

In the meantime we will add your name to the waiting list for future cohorts so our new facilitator knows who to contact once they settle into their post😊

The programme included the following:



### What to expect:

**Optimise M** - is Swansea Bay University Health Board’s new 2-day development programme for men. It will give participants time to focus on themselves, to explore issues that are important to them in the company of likeminded male colleagues, hearing their stories, learning about what they have done to get where they are, the setbacks they have faced and how they overcame them.

This programme aims to empower and engage men to reflect on their aspirations for their professional and personal lives.

\*Open to those who identify as men

### Anticipated benefits for participants include:

- Expanded self-awareness and understanding of current position in professional and personal life.
- Practical tools and techniques to help individuals exploit the full potential of their job role and shape their career goals. Likely to have an impact personal life too.
- Access to 1:1 coaching; peer coaching and self-coaching tools to sustain personal and professional development.
- An opportunity to hear from peers and senior role models, sharing advice, knowledge and experiences, all with an emphasis on making connections and increasing collaboration.

**Participants will explore topics including:**

- Strengths theory
- 'Imposter syndrome'
- Challenging limiting beliefs
- Identifying individual values and motivation
- Communicating assertively and effectively
- The power of networking
- Improving work/life balance and men's health

The programme outcomes are personal to each participant and will depend on the objectives each man sets himself during the first workshop.