

Thriving and surviving - wellbeing for nursing staff working in the independent health and social care sectors

**Wednesday 9 April, 1pm - 4pm
Online via MS Teams (book to receive a link)**



Hear from experts who will discuss:

- caring for our ourselves and our colleagues
- the RCN's rest, rehydrate, refuel campaign
- how resilience-based clinical supervision can enhance wellbeing.

Learn about the new RCN Independent Health and Social Care (IHSC) Employment Standards.

