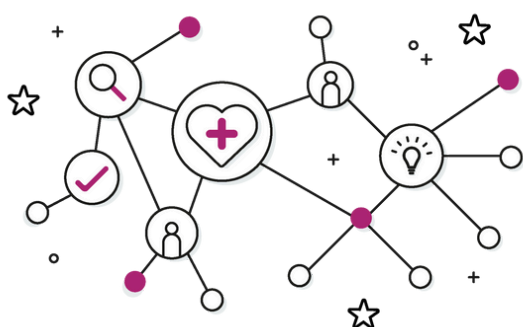


# Join our 24-hour charity webathon for health and care staff

[Book now](#)

## Thursday 1st May – Friday 2nd May

### 24 hours. 24 incredible webinars. One great purpose.

We're hosting a special charity webathon, offering 24 hours of free learning for NHS staff as a thank you for everything you do. Our aim is to help raise money for four amazing health and care charities that have supported our staff and their loved ones during challenging times. There's plenty of sessions to choose from, on popular topics like leadership, wellbeing, and workplace happiness. Take part and register for as many sessions as you like from the agenda below.

### Help us raise money for four amazing charities

**If you're able to, we kindly ask for a small voluntary donation.** Your donation will go directly to four incredible charities supporting people through life's toughest moments. Can't attend? You can still make a difference by donating or sharing this event with your colleagues. [You can make a donation via this weblink.](#)



# Agenda

[Book now](#)

Choose as many session as you like

Title	Time
<b>Thursday 1st May</b>	
Welcome	11:45-12pm
<b>How to feel happier at work</b>	
Feeling happier at work	12pm-1pm
Boost your confidence and assertiveness in the workplace	1pm-2pm
Chart your course: Master your career plan in 60 minutes!	2pm-3pm
How to enjoy work (even as a cynic)	3pm-4pm
How to handle stress without burning out	4pm-5pm
<b>NHS Elect book club</b>	
The Coaching Habit: Say Less, Ask More & Change The Way You Lead by Michael Bungay Stainer	5pm-6pm
Radical Respect by Kim Scott	6pm-7pm
<b>Leadership conversations</b>	
A candid conversation on modern leadership	7pm-8pm
Planting seeds of success: Leading like a gardener	8pm-9pm
<b>Unwind</b>	
The big quiz	9pm-10pm
Unplug your mind and relax	10pm-11pm
Why can't I sleep? How to quiet your mind	11pm-12am
<b>Friday 2nd May</b>	
<b>Can't sleep? Learn a new skill</b>	
How to handle a difficult conversation	12am-1am
A gentle nudge for better wellbeing	1am-2am
How to shine at your next interview	2am-3am

Schedule continues on the next page.

# Agenda

[Book now](#)

Choose as many session as you like

Title	Time
Quality never sleeps: Making a difference on the night shift	3am-4am
The art of storytelling in healthcare: A new or old skill?	4am-5am
The sleepless shift: How fatigue impacts your decisions, reactions, and safety	5am-6am
<b>Wake up with NHS Elect</b>	
How to create habits you'll actually stick to	6am-7am
How to have a good day	7am-8am
Rise and shine: Yoga with Leanne	8am-9am
<b>Leadership development</b>	
It's not me, it's you: How to make sense of personalities at work	9am-10am
Five things we wish we knew before leading a team	10am-11am
Don't just do something - stand there	11am-12pm
<b>Closing</b>	
Final thank you and close	12pm-12.15pm

## Help us raise money for four amazing charities

**If you're able to, we kindly ask for a small voluntary donation.** All the funds will go directly to four incredible charities supporting people through life's toughest moments. Can't attend? You can still make a difference by donating or sharing this event with your colleagues. [You can make a donation via this weblink.](#)



## Got a question?

You can contact the team via email at [events@elect.nhs.uk](mailto:events@elect.nhs.uk)