



Resilience Based Clinical Supervision

The Foundation of Nursing Studies (FoNS) is delighted to offer a fully-funded programme of Resilience-based Clinical Supervision specifically for nurses in England's social care sector.

Nursing in a social care setting is recognised as increasingly challenging in today's world. Resilience-based Clinical Supervision (RBCS) is a way of supporting you and your team by recognising your own and others' emotions and how you can positively respond to them.

RBCS is a tried and trusted model experienced by hundreds of nurses across the country and beyond. The model's rationale is to increase an individual's ability to respond positively to the emotional and physiological demands of their role.

Resilience-based Clinical Supervision is not management supervision or appraisal, it is a form of restorative clinical supervision.

Who's it for?

The programme is aimed at nurses in any social care setting. Participants will experience RBCS themselves, have the opportunity to practise and be supported to deliver RBCS to their care teams. This programme will provide you with evidence for revalidation and CPD.

What do people say?

Here's a bit of feedback from the first cohort of social care nurses:

- *This training has given me the confidence that I'll be able to conduct supervision with my colleagues and be able to not just have a quick conversation but a meaningful one*
- *I definitely think I can bring some support to the team and make all staff feel that they are heard, and they are important*
- *I'm sure I will be able to utilise the skills taught within supervision and the course has really increased my confidence in doing so. Thank you*
- *I have really enjoyed this programme, it has exceeded my expectations and I am leaving confident in being able to utilise the skills I have learnt within my role*
- *Feel refreshed and renewed*

Interested?

Programmes consist of 5 sessions: 3 x 3 hours and 2 x 2 hours over a period of 10-12 weeks

8 people at the online sessions

For more information visit <https://www.fons.org/programmes-development-opportunities/clinical-supervision/rbcs-for-social-care/>

Or contact: rbcs.socialcare@fons.org



Terms and Conditions:

This is not a webinar—you need to be willing to participate actively. You will need to access on a computer with camera and mic.

Sessions build on one another so you need to be able to commit to attending all sessions.

A key to success is organisational buy-in, please consider this before signing up to the programme as you need time and resources.