



ENABLING QUALITY IMPROVEMENT IN PRACTICE

Tower Hamlets

LATEST NEWS 20/08/2018

EQUIP loves kind and joyful leaders

Giving you a moment to recover from any gag reflexes induced by the title of this week's comms... But actually, we *DO* totally and unabashedly love kind and joyful leaders! And we are fortunate that as time goes by, the evidence base in favour of kind leadership grows and grows, demonstrating how supportive, asset-focused leadership models that work *with* the energy and adapt to strengths produce hard, tangible results, including:

1. Less heart disease in staff (Karolinska Institute)
2. Improved blood pressure and lower heart rate (McGill University)
3. Greater comparable effectiveness (Harvard Business School)
4. Higher retention and morale (New York University Stern School of Business)
5. ...and even improved delivery speed! (Harvard Business School)

I could write about this for ten hours, and unpick the links between timidity, availability, boundaries, and link them – or not – to the outcomes above, but you're

lucky, I won't. Trying to do my own part in protecting your blood pressure.

What I **do** want to celebrate, however, is the incredible amount of kindness and joy we see displayed and growing in our local practices. **Joy** is scrumptiously central to EQUIP's ethos and drive, and in the achievement of the aim of *making Tower Hamlets the best place to work, and (thus) to receive care*. In this spirit, I want to share an initiative which celebrates kindness and leadership, "recognizing the contribution of kind leaders to business, the economy, and society".

Your action: to nominate the kindest leader you know, today. This is a national initiative, and Tower Hamlets leaders totally deserve a slice of the platform. Heck, we should have thought this up ourselves! Here's the snag – **you have two days to do this. Deadline is tomorrow.** The good news is, afternoon demand for appointments is at its yearly low this week and the next, so hopefully we can scrape up a few minutes to nominate an exceptional colleague. (And by the way, it's called Women of the Future, but you can totally submit male nominations. Read what you will in this!) Here's where you submit your digital kindness nominations:

<https://kindness.womenofthefuture.co.uk/>

Lastly, a few training reminders, especially if you have new staff not yet QI friendly, or are still getting to grips with those space-age Edenbridge reports, graphs and searches:

EQUIP Basics: *Essential for teams and individuals who want to get started on their QI journey, or who need a refresh of their skills.*

Wednesday 19th September OR Wednesday 14th November 13:00-17:00

- Learn the essential ingredients of Quality Improvement (QI), from theory to testing changes in practice
- An action-packed afternoon of learning. Based on real-life primary care examples of improvement, led by local experts in QI
- **How to register?** Please email Meena Kaur, meena.kaur2@nhs.net and mention which day you would like to attend.

Edenbridge Training Session

26th of September: 9:30 am to 11:30 am

The training session will be held at the IT suite at **75-77 Worship Street, London, EC2A 2DU**

If you are interested or know anybody who would be, please sign up on the following website.

<https://www.eventbrite.co.uk/e/edenbridge-workshop-tickets-48913255865>

That's a wrap – be happy, folks, and nominate those happy people you are lucky to have met as leaders. J And once you've done that, continue your own journey to lead with mindful kindness.

Virginia