

Date: 9th April 2026

Upcoming corporate staff training opportunities

A range of corporate training sessions are available to support colleagues in developing key skills and maintaining wellbeing.

Strengthening Resilience Through Change

This short session focuses on understanding resilience, how we respond to stress and change, and practical tools to help navigate challenges with greater confidence. It is designed to support wellbeing, particularly during periods of uncertainty. Sessions are available from May to September via MS Teams and face to face.

Crucial Conversations Training

This interactive development opportunity is aimed at managers and focuses on building confidence in handling important and sensitive conversations. Whether addressing performance, raising concerns or supporting colleagues, the session provides practical skills to strengthen relationships, build trust and support positive change. Sessions are available from April to June via MS Teams and face to face.

To book onto either session, please log into ESR, select My Learning and search WUTH 408 using the keywords 'strengthening' or 'crucial'.

For further information, please contact wirral.od@nhs.net.