

Certificate of Completion

THIS CERTIFIES THAT
CALEB FELLOWES

has participated in the following education session:

It's time to stop shaming in nursing - workplace bullying through another lens

Presenter Dr Wendy McIntosh

In this session, you will:

- Gain an understanding of the link between workplace bullying the experience of shame
- Acquire knowledge about the compass of shame in a bullying context
- Develop the ability to recognise how the experience of shame triggers our flight, flight, freeze response
- Gain an awareness of the strategies to use a) in the moment of being under attack, b) longer term self

Completed on

17 April 2019 (duration of 1 hour/s)

This equates to 1 CPD Hour/s (Continuing Professional Development)

REFLECTION:

As a profession nursing continues to experience huge costs due to workplace bullying. Discussing links between bullying and shame and shaming behaviour the presenter will traverse an at times uncomfortable and challenging terrain that also offers solutions and signposts for self care and action.



Cheryl Dezotti

Director of the Nursing CPD Institute

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Nursing CPD Institute

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