**Session 1 – Exploring the Challenges Faced Early in Your Career**

1. Get to know each other and connect to other early career or graduates from your and other areas of allied health
2. Set ground rules for the group to create a safe and productive environment
3. Start the process of team building, create opportunity for networking
4. Begin to understand your organisation; your role
5. Reflect on the process of moving from student/early career to more confident professional practitioner
6. Develop a better understand around identifying stress in oneself and self-care.

**Session 2 – Resilience & Sources of Support**

1. Continue to build on group cohesion
2. Identify and articulate challenges associated with the transition from early career to higher levels of profession
3. Identify and articulate strategies for addressing challenges
4. Develop skills that heighten self- awareness and assist in self- management

**Session 3- Patient Centred Care, a Taste of Motivational Interviewing**

1. Identify what patient centred care is and how patient centred care is our present approach
2. Generate perceived barriers to being patient centred
3. Develop a better understanding around the experience of vulnerability in our patients
4. Enhance skills around clarifying health outcomes from the client and the clinician’s perspective.
5. Strategies to consider when aiming for client centred care
6. Consider what key strategies might now be considered/implemented when aiming for client centred care
7. Introduce framework of MI

**Session 4 – Promoting Positive Patient Behaviour Change- Building Skills in Motivational Interviewing**

1. Identify own style of communication
2. Understand the framework of an Motivational Interviewing approach to behaviour change
3. Develop an understanding for engagement with clients using an MI framework
4. Generate ideas around own professional practice and when integrating MI as communication tool is appropriate

**Session 5 – Promoting Positive Patient Behaviour Change- Building Skills in Motivational Interviewing**

1. Reflect on own practice and skills learnt in the last session
2. Further develop an understanding of how MI might fit in with own approach to behaviour change
3. Introduce more skills and build confidence in using an MI approach

**Session 6 – Promoting Positive Patient Behaviour Change- Building Skills in Motivational Interviewing**

1. Reflect on own practice and skills learnt in the last session
2. Further develop MI skills and integration with particular discipline, own approach to behaviour change
3. Further build confidence in using an MI approach; particularly for clients who may be reluctant to set goals
4. Reflect on enhanced communication skills set

**Session 7- Professional Identity and Career Aspirations**

1. Identify strengths in the self
2. Understand the dynamics between strengths and personal values and the role this plays in feeling energised in the work place
3. Develop an understanding of your own strengths and how they can best be utilised
4. Generate ideas around professional identity and what might be a good fit for own values and strengths
5. Build resilience

**Session 8 – Professional Identity and Supervision**

1. Exploration of what motivates us
2. Articulate goals of professional practice
3. Understanding individuals goals within a broader organisation and navigating opportunities
4. Explore supervision frameworks: line management; mentoring and supervisee vs. supervisors expectations
5. Navigating in the work place; expectations; contract; agenda; preparation and documentation

**Session 9 – Time Management and Understanding and Resolving Conflict**

1. Explore prioritising in practice
2. Develop own understanding around effective and/versus efficient practice
3. Expand on practice and team work that considers personality and energy
4. Identify barriers to good communication when conflict is present; client; team or organisation level
5. Develop own strategies that increase confidence to manage conflict
6. Enhance and practice behavioural skills used to de- escalate
7. Increase knowledge of different management styles and conflict resolution
8. Reflect on own practice and skills developed over the year
9. Reflect on own style; role within their team and wider organisation
10. Reflect on skills and potential areas and goals for the future

**Session 10- Self-Care and Reflection of Professional Practice**

1. Reflect on challenges and resolving conflict covered in last session
2. Reflect on skills development and confidence over the year
3. Reflect on personal coping style for stress
4. Expand on personal strategies for self- care
5. Review career aspirations
6. Review and plan to fulfil future professional interests
7. Review supervision needs
8. Review communication style