



**TELLCENTRE**  
TEACH EDUCATE LEARN LEAD

## LEARNING ON THE RUN

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| <b>3<sup>rd</sup> April</b><br><b>0830-1630</b><br><b>PDU Training room</b> | <b>12<sup>th</sup> June</b><br><b>0830-1630</b><br><b>PDU Training room</b> | <b>13<sup>th</sup> November</b><br><b>0830-1630</b><br><b>PDU Training room</b> |
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**Facilitator: Dr Steve Bradley, Paediatrician, Clinical Lead for Medical Education**

The Learning on the Run Program (LOTR) is a course which has been developed in Australia for health professionals towards the start of their career. We can offer this in Te Whatu Ora Lakes.

It provides participants with knowledge and skills to help them take control of their learning. Whether a new graduate, on an early career pathway, overseas trained, or even those who are more established practitioners this course will help participants become more effective and resourceful when seeking to learn in a fast-paced environment.

Learning on the Run involves a series of **four workshops** that should assist participants to quickly adapt within their workplace so they can optimise their learning in the clinical setting.

Note: the morning will run 0830 to 1215. Afternoon session will be 1245 to 1630.

You can do the full day (4 modules) or either morning or afternoon (2 modules each). There is some online pre-reading and work for each module (about 1-1.5 hours per module – i.e. around 4-6 hours' preparation if you do the full day).

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| <b>Morning Session</b>   |   |
| <b>1. Finding Your Feet</b> - at the end of this session, you will be able to: <ul style="list-style-type: none"> <li>• Articulate their professional identity</li> <li>• Establish some learning goals</li> <li>• Identify how to optimise learning</li> <li>• Implement tips for time management</li> </ul>                            | <b>2. Becoming Successful</b> - at the end of this session, you will be able to: <ul style="list-style-type: none"> <li>• Discuss organisational culture &amp; climate</li> <li>• Identify ways to excel in their job</li> <li>• Apply different learning strategies</li> <li>• Identify credible sources of information</li> </ul> |
| <b>Afternoon session</b>   |   |
| <b>3. Leading Self</b> - at the end of this session, you will be able to: <ul style="list-style-type: none"> <li>• Identify the importance of self-leadership</li> <li>• Action a coaching framework for self &amp; others</li> <li>• Discuss the key domains of Emotional Intelligence</li> <li>• Build your self-confidence</li> </ul> | <b>4. Working Smart</b> - at the end of this session, you will be able to: <ul style="list-style-type: none"> <li>• Identify &amp; respond to workplace challenges</li> <li>• Build communication skills to enhance teamwork</li> <li>• Explore the art of feedback</li> <li>• Employ tips for developing resilience</li> </ul>     |

**Cost for participants:** Free for Te Whatu Ora Lakes employees

Please contact Rachel Wainohu (ext 8781 or [Rachel.wainohu@lakesdhb.govt.nz](mailto:Rachel.wainohu@lakesdhb.govt.nz)) if you wish to participate. (Let your manager know of course and ensure you have appropriate leave or cover!)

You can talk to Steve Bradley (ext 7884) if you want more information.