

Developing Inner Strength

Introduction

A workshop to explore the benefit of resilient thinking, the importance of positive attitudes and to consider how emotional intelligence, mindfulness and self-awareness increases inner strength.

Learning Outcomes

Recognise the value of adopting positive strategies for individuals and dental care professionals of the future.

Explore and investigate resources on campus which offer help and guidance.

Recognise the importance and impact of situational awareness; how it impacts on you and those around you.

Methods

Roundtable discussion groups enabled the students to work in small groups as they completed a variety of tasks and challenges.

A selection of online resources were developed to support and signpost to services and are available for students via the digital learning environment.

A guest speaker provided an inspiring insight into her experiences as a Paralympian.



Results: were gathered using a combination of Mentimeter survey, one to one conversations and the use of a 'talking table' where students left comments and reflections.

90% of students said that inner strength and resilience was important to them; with 57% stating that determination was the most important trait.

89% said that they will use the information and resources provided via the workshop again.

Students benefited from the inclusion of a guest speaker; this was a unique opportunity for them to hear directly about the benefit of a positive attitude and desire to succeed to achieve success.

Conclusion

The workshop has enabled students to investigate a range of strategies and approaches which will help them further develop their skills and internal resources to become an effective health professional of the future. Online resources are useful tools to support learning.

Acknowledgements

We would like to thank Doaa Shayea who kindly gave her time and unique insight to encourage and inspire the students.



"Really useful workshop, engaging & interactive"

1st Year Dental Student