

## What commitment is required from you?

The programme begins with a four day introductory workshop (two x two days), followed by six monthly, half-day action learning meetings (4 full-days and 7 half-days over 9 months).

Recognising how busy care homes are, there is minimal course work required outside of facilitated sessions.

## How do I apply?

Please contact us at [mhl@city.ac.uk](mailto:mhl@city.ac.uk) to receive more information or to apply for a place on this programme.

“Our proprietor has seen us grow- our confidence and the way we deal with people, it’s changed our home completely.” Manager, Wilshire

My Home Life  
City University  
London E1 2EA  
Tel: 020 70405776

Email: [mhl@city.ac.uk](mailto:mhl@city.ac.uk) [www.myhomelife.org.uk](http://www.myhomelife.org.uk)



# My home life®

## The My Home life Leadership and Professional Support Programme for Care Home Managers



“This programme has helped me personally and professionally over the past 12 months. It really has made a big difference”

Owner -Manager – Derbyshire



## MyHome Life is a UK-wide movement for quality of life in care homes.

It is here to support the sector, celebrate positive practice and communicate the vital role that care services play for our frailest citizens.

My Home Life have developed a bespoke Leadership & Professional Support Programme for care home managers.

1000 managers from across the UK have already joined the Programme and are using it to help drive forward evidence-based, relationship-centred care in their homes.

Outcomes reported by managers already on the programme:

- Increased resilience, less at risk of burn-out
- Strong connections with other like-minded managers
- Advancement of skills and strategies to drive forward transformational change
- A calmer more relational environment to live and work
- Improved staff morale and commitment
- Improved relationships with staff, residents, relatives and external agencies
- Better CQC Ratings

## Your opportunity to get a free place on this unique programme!

This programme is now **FREE** for care home managers working with older people in: Brent, Ealing, Harrow, Hounslow, Hillingdon, Hammersmith & Fulham, Kensington, Chelsea & Westminster. (This programme has been commissioned by North West (NW) London Clinical Commissioning Groups with funding from Health Education NW London.)

### How does it work?

Over nine months a group of 16 care home managers will work together, guided by professional facilitators to advance skills, resolve complex everyday issues that impact the quality of their service and learn from best practice.

We work with managers at all levels to facilitate personal and professional growth, leading to change. This is a continuous programme of learning and reflection, supported by colleagues, with an intention of improving practice. The sessions are confidential to allow people to feel able to be open and honest.

Participants will receive certificates from City University to say that they have completed up to 42 hours of participatory learning which Nurses can use as part of their revalidation