

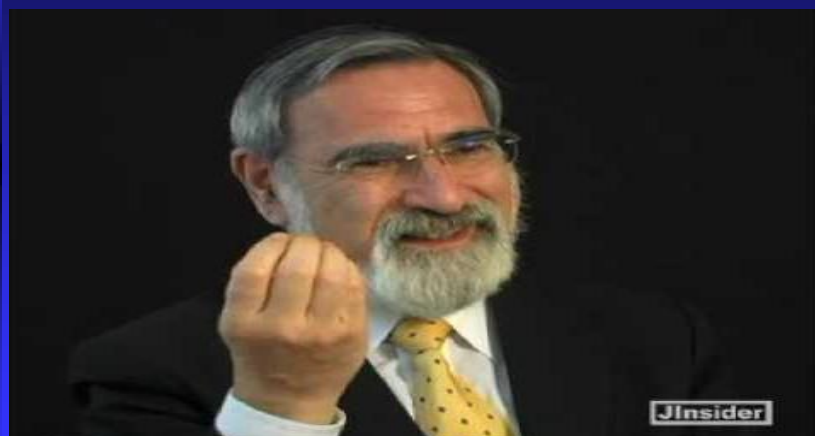
## NAPICU CONFERENCE

### OPENING REMARKS MASTERING TIME - TO BE FREE

September 6<sup>th</sup> 2012  
Malcolm Rae OBE FRCN  
07969895710

Email  
[malcolmrae@blueyonder.co.uk](mailto:malcolmrae@blueyonder.co.uk)

## Rabbi Lord Jonathan Sachs



## EXODUS



## Questions

How can we best manage our time for replenishment or professional resilience

Time is precious - do we always appreciate this?

Do we use our time to best effect?

## Quote

Time is a great healer but  
less effective as a  
beautician!

## Key messages

- n Recognise the value of  
controlling time for:  
Reflection  
Recovering a perspective  
Sharing time together for  
restoring pleasures,  
invigorating thinking and  
energising

## Key Challenges

- n Distinguish the difference between the urgent and important
- n Dedicate time for the important
- n Control time for beneficial activities to make a difference
- n Structure time, build in pauses for reflection, and space to breathe
- n Evaluate our attitudes, thinking and practice

## Key Challenges 2

- n How might we work more closely to support patients and families in identifying needs and enabling optimism?
- n How to improve support to staff in developing their values and understanding, skills, knowledge and confidence

## Quote - Anne Frank



“How wonderful to know that nobody need wait  
for a single moment before starting to improve  
the world”