

# TEAM TIME

*Sessions provide a confidential facilitated space to reflect on and share experiences*

Team Time is a multidisciplinary online forum based on Schwartz Rounds principles. It has been designed for teams to come together online to discuss and reflect on the emotional and social challenges associated with working in healthcare, especially during the Covid-19 pandemic. It is also a brilliant way to welcome and get to know new members of staff within your team.



*'Even though we are all different, we have a common bond to pull us together'*

**Team Time helps staff to feel:**

- **supported**
- **valued**
- **connected with others**
- **Less isolated**

*'Insightful and emotional -helped me understand the team better'*



For more information and to organise a session contact:

[Charlotte.McManus@belfasttrust.hscni.net](mailto:Charlotte.McManus@belfasttrust.hscni.net)