



“Public health departments serve as the trusted voice for keeping communities healthy before, during and after a storm”

[https://www.tfah.org/wp-content/uploads/2018/09/Public\\_Health\\_In\\_Disasters\\_Fact\\_Sheet\\_091318.pdf](https://www.tfah.org/wp-content/uploads/2018/09/Public_Health_In_Disasters_Fact_Sheet_091318.pdf)

Preparing for the next storm – what has the last year taught you that you need to be better at to cope with the next storm professionally and personally?

A dramatic, high-contrast photograph of a stormy sea. The water is dark and turbulent, with white-capped waves crashing. In the background, a lighthouse tower is visible, partially obscured by the mist and rain. The sky is dark and overcast, with a bright light source breaking through the clouds on the left side, creating a strong backlighting effect.

Intro

Pair conversation

Some suggestions

Your top three topics to consider investing your CPD time in



# One million species at risk of extinction, UN report warns, and we are mostly to blame

By [Lexi Metherell](#)

Posted Mon 6 May 2019 at 12:11pm, updated Tue 7 May 2019 at 1:19am



# Why climate change is 'biggest global health threat' of century, doctors warn in new report





**Plastics**

**Plastic pollution in Atlantic at least 10 times worse than thought**









**Environment** The age of extinction

## Top scientists warn of 'ghastly future of mass extinction' and climate disruption



Welcome back! You might be pleased to know there will not be any feedback – the value was in your conversation and thinking!



# Standards for Practitioner Registration

2. Using PH info to influence pop health & wellbeing

4. Protecting the public from health risks while addressing differences in risk exposure and outcomes

6. Collaborating across agencies and boundaries to deliver public health function

7. Planning managing and evaluating public health programmes and projects

8. Communicating with others to improve health outcomes and reduce health inequalities

**Keeping yourself sane, healthy and resilient**



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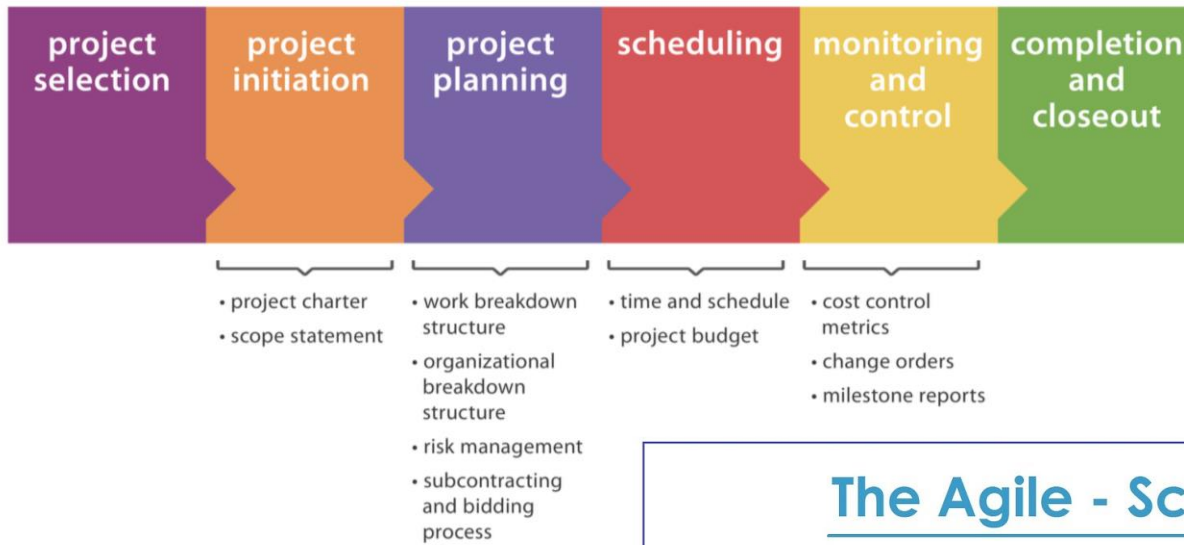
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**Traditional project management takes too long**

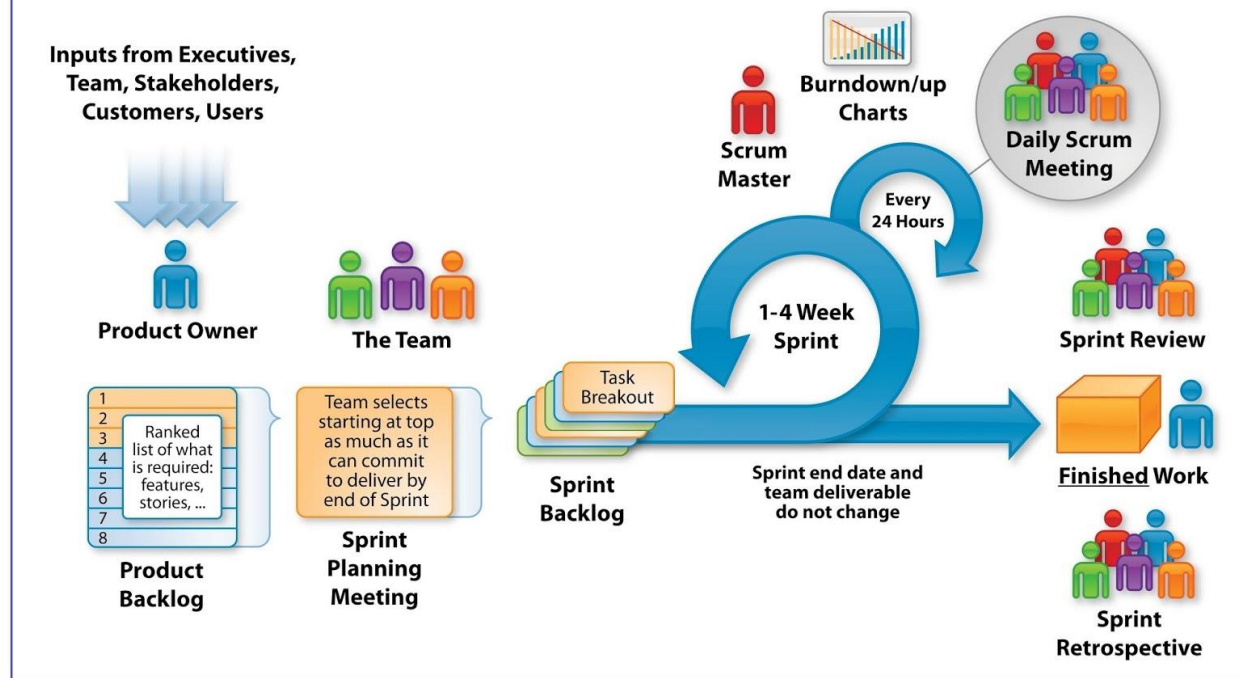
## Traditional View of Project Management



Traditional projects normally take months and involve input from people who contribute a bit of their time over a longer period.

Agile working is meant to be faster (weeks) and more concentrated using a temporary team working significant time over a short period on producing some thing - - it uses jargon like scrum and sprint

## The Agile - Scrum Framework



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**Maintaining positive relationships with people on a short fuse**



Coping with the uncertainties of how people interact with you day-to-day when they are on a short fuse

Dismount the four horsemen of the apocalypse (John Gottman)





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**Planning for a future you cannot predict**



# Scenario planning

## Plan for different futures

### THE SCENARIO DEVELOPMENT PROCESS

Define Focal Issue, Question, or Decision and Relevant Timeframe  
Review Past Events & Alternative Interpretations

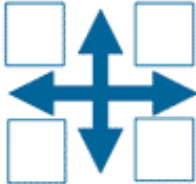
Identify  
Driving  
Forces



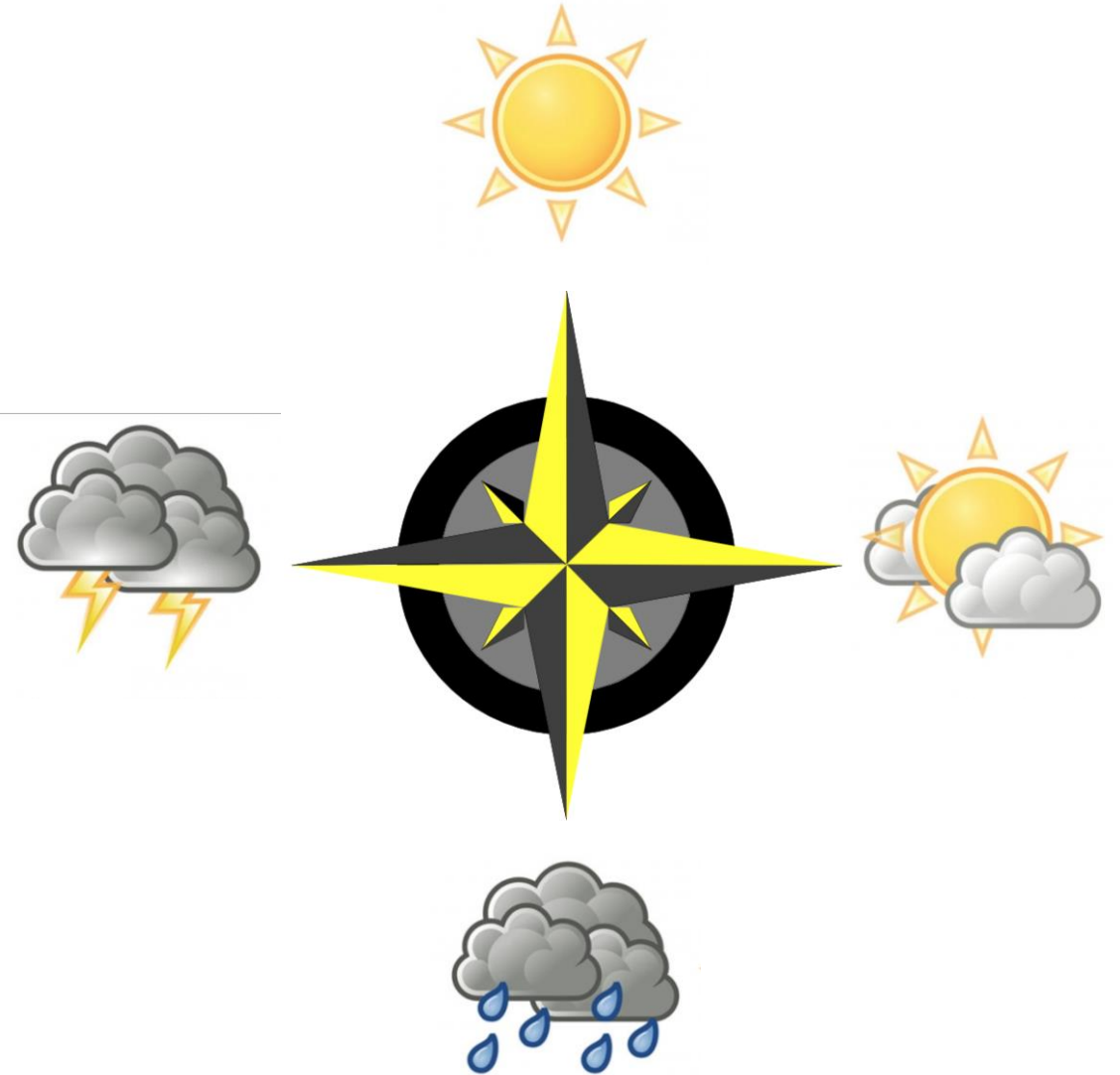
Identify  
Critical  
Uncertainties



Develop  
Plausible  
Scenarios



Discuss  
Implications  
& Paths



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**Getting enough sleep to function properly**



6 out of 13 reasons for sleeping for 7-8 hours per night – the first three affect how you function with other people

Lack of sleep can cause dangerous mood swings

Five hours sleep or less impairs function

Lack of dream sleep (last 2 hours) makes you less able to read people facial expressions

Doing an all nighters harms men especially

Sleep loss can trigger health crises

Lack of sleep caused 395 road accident fatalities  
2020

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**Meetings that make  
you want to get on  
with your emails**

# The future is hybrid working

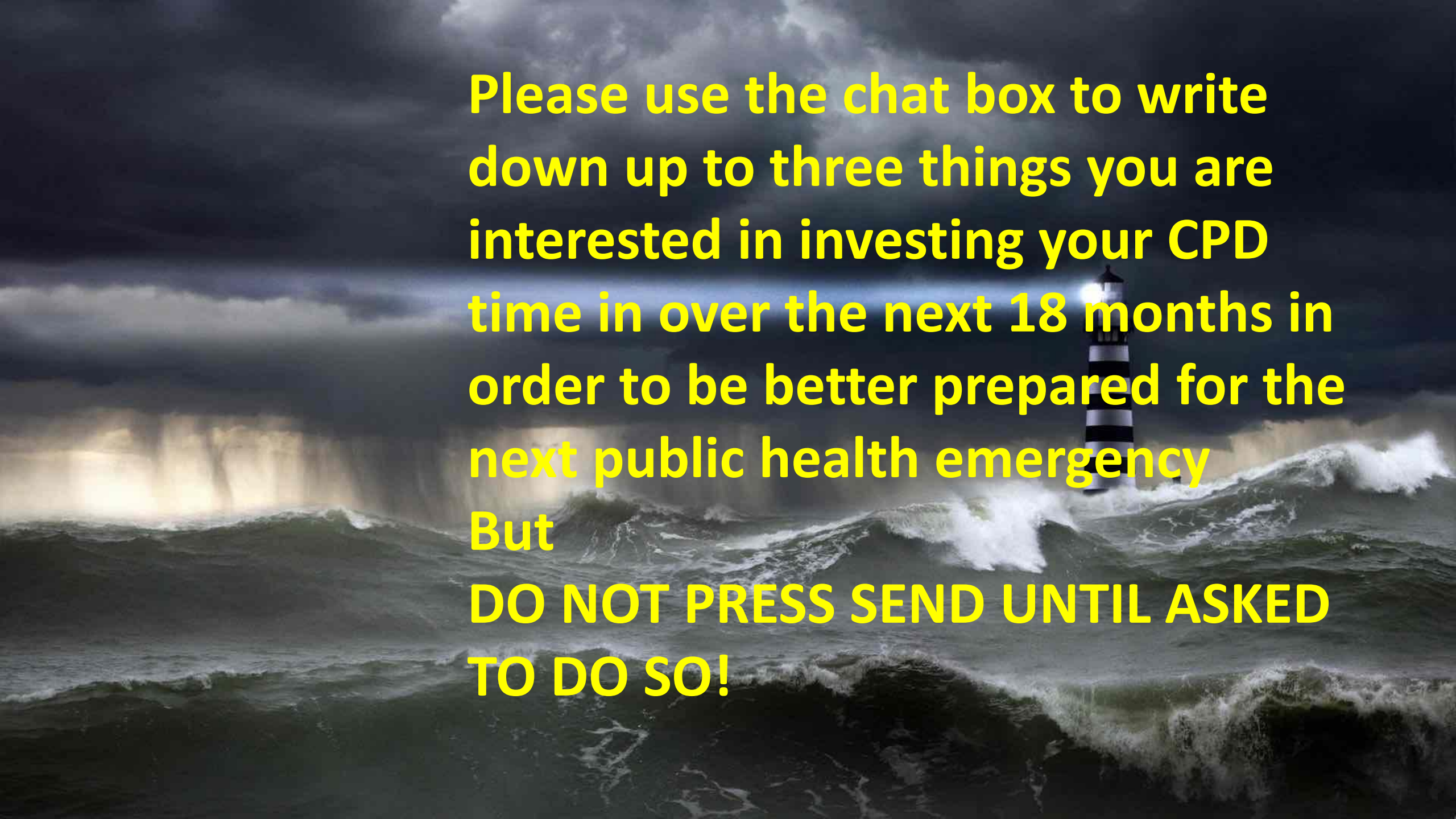


## Hybrid meetings

### Get fluent at collaborative working with colleagues

- Run engaging online meetings
- Breakout rooms – with and without feedback
- Voting
- Data collections and live surveys
- Annotation
- Miro etc as a collaborative workspace – Boards and Post-Its

**Facilitating online**

A lighthouse with a black and white striped tower and a glowing lantern room stands on a rocky island in the middle of a stormy sea. The sky is dark and filled with heavy, grey clouds. The waves are dark and turbulent, with white foam from the breaking waves. The overall atmosphere is dramatic and urgent.

**Please use the chat box to write  
down up to three things you are  
interested in investing your CPD  
time in over the next 18 months in  
order to be better prepared for the  
next public health emergency**

**But**

**DO NOT PRESS SEND UNTIL ASKED  
TO DO SO!**





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