

# Leadership Occupational Health Nurse- Webinar series



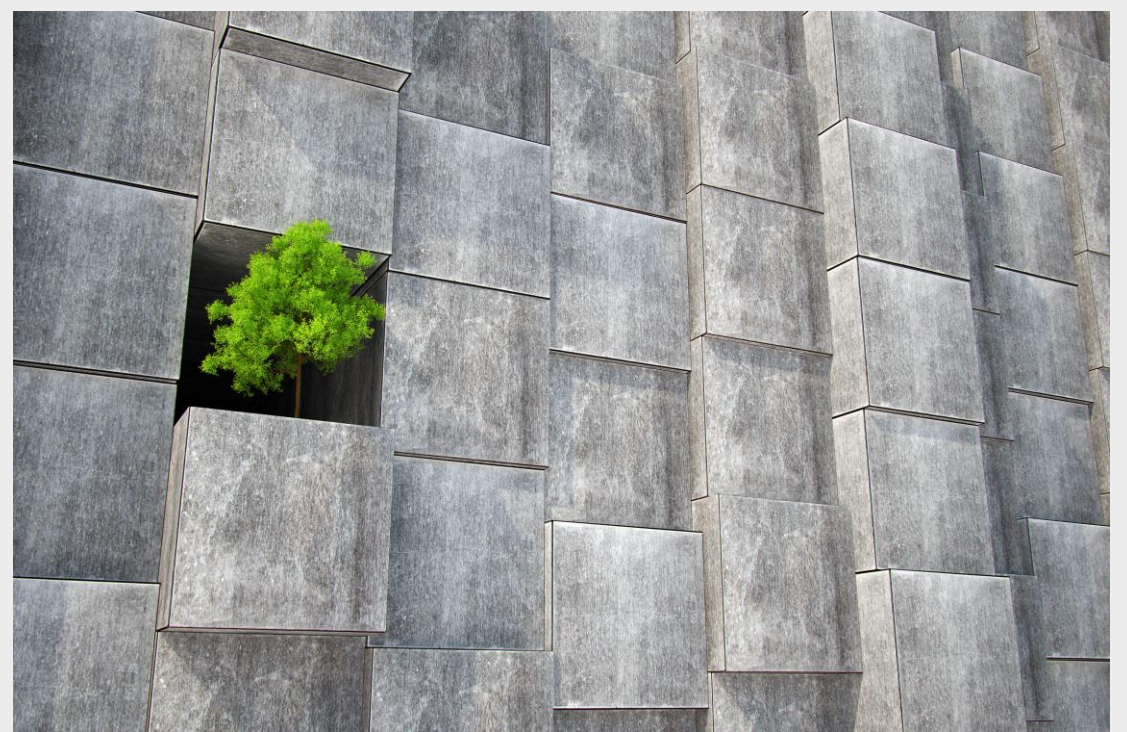
Leadership in  
Webinar series

Transitioning  
from OH  
Adviser to OH  
Manager

## Structure of presentation:

- Challenges and reflection on motivations.
- How do to overcome the challenges.
- Toolkit for success.

## Challenges and Reflection on Motivations



- Where do I start?
- Do I have enough experience and knowledge?
- Imposter syndrome
- How do I seek opportunities for development?
- How do I assess my barriers and skills gaps?



Skills and knowledge

# ICEBERG THEORY

Self image and social role

What motivates you

Traits and motives

# PERSONAL Iceberg

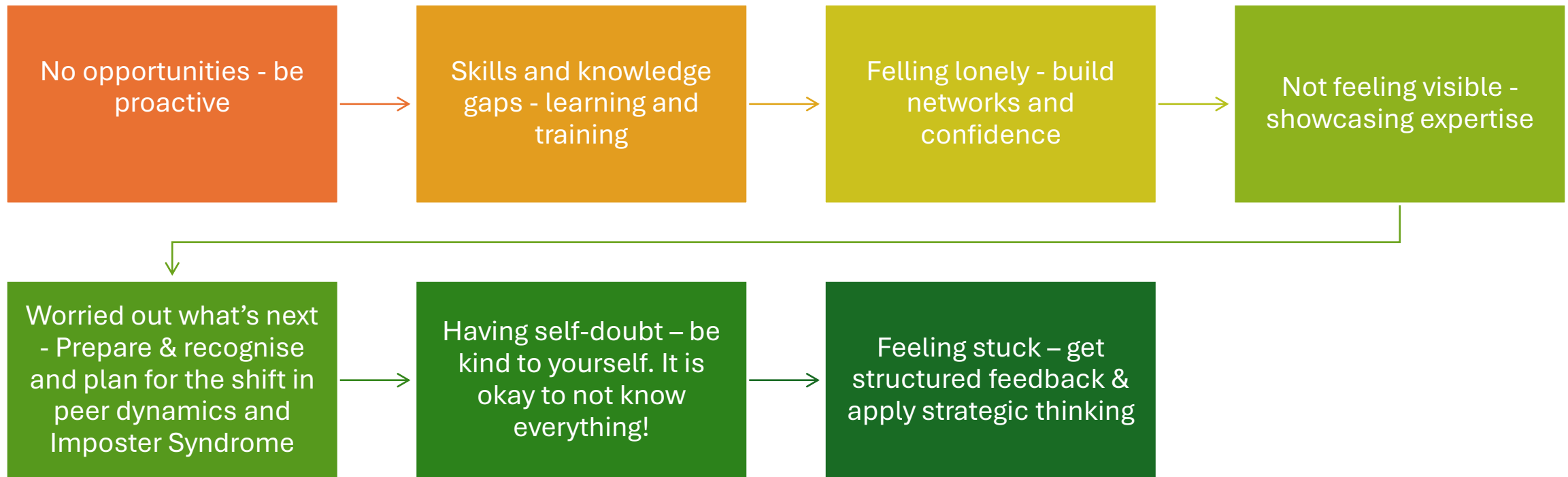
WHAT IS IT THAT'S CLEARLY ABOVE THE SURFACE – YOUR SKILLS AND KNOWLEDGE

WHAT ABOUT YOUR SOCIAL ROLE? THESE ARE ROLES THAT YOU FULFIL IN SOCIETY, ALTHOUGH NOT 'JOBS' – EVEN THOUGH IT MIGHT FEEL LIKE THAT! FOR EXAMPLE, SOCIAL ROLES COULD INCLUDE MOTHER, BROTHER, VOLUNTEER, SCHOOL GOVERNOR OR MENTOR.

YOUR SELF-IMAGE – HOW DO YOU REALLY SEE YOURSELF? ARE YOU A LEADER? ONE OF THE BOYS? A CHEERLEADER FOR SOMEONE ELSE? A PUBLIC SERVANT? A CREATIVE PERSON?

TRAITS? THESE ARE GENERALLY THE THINGS TO WHICH PEOPLE REFER WHEN THEY TALK ABOUT THEIR PERSONALITY. AND MOTIVES? THIS IS THE HARDEST TO ACCURATELY IDENTIFY FOR YOURSELF. THE DESCRIPTORS IN THE FILM MIGHT HELP TO START.

# How do you overcome this?



# Toolkit



UK Health  
Security  
Agency



**Health and Safety  
Executive**



*Developing the next generation  
of occupational health leaders*



**Health at Work Network**



Department  
for Work &  
Pensions

# References

---

[Programmes – Leadership Academy](#)

---

[Home | The Society of Occupational Medicine \(som.org.uk\)](#)

---

[Introducing NHS Health at Work - NHS Health at Work Network](#)

---

[Health surveillance and occupational health – HSE](#)

---

[UK Health Security Agency - GOV.UK \(www.gov.uk\)](#)

---

[Home - Access to Work \(maximusuk.co.uk\)](#)

---

[Access to Work: get support if you have a disability or health condition: What Access to Work is - GOV.UK \(www.gov.uk\)](#)