

Influencing through Leadership

CSP South West Regional Network

#InfluenceSWphysio

Welcome

Shan Aguilar-Stone
CSP South West ERN Chair

Updates from the CSP and South West Regional Network

Heather Hunter
Network Rep to Council



INFLUENCING THROUGH RESEARCH


National Institute for
Health Research

Angie Logan
Clinical Doctoral Research Fellow
Specialist Physiotherapist Stroke Rehabilitation





Aims

1

Overview of
career path

2

Experience &
desire to
undertake
research

3

Who has
influenced
me

4

Facilitating
influence

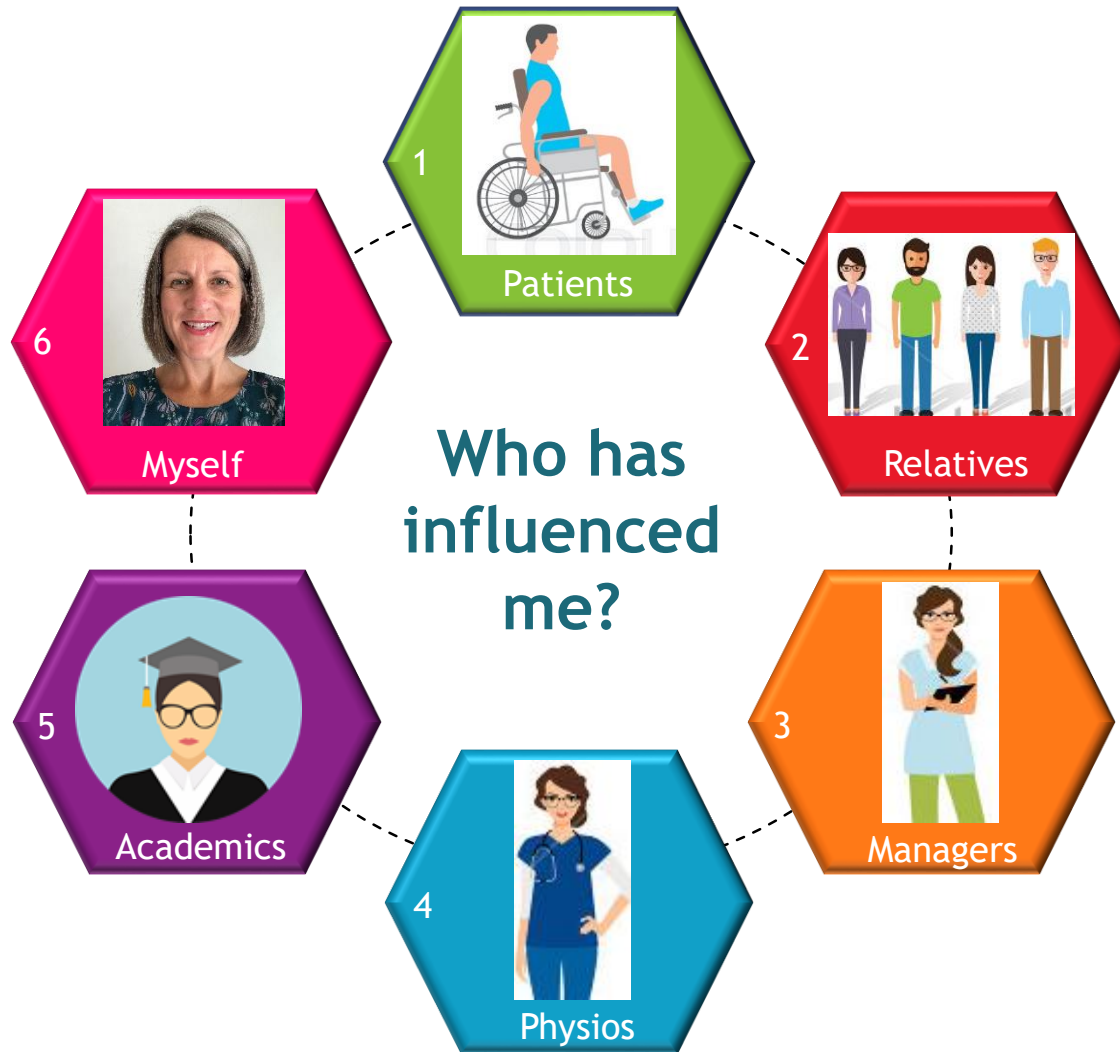
What does influence mean?



- ▶ The capacity to have an effect on the character, development, or behaviour of someone or something
- ▶ The power to shape policy or ensure favourable treatment from/for someone, especially through status, contacts, or wealth.

Career Path





Facilitating influence

- Communication
- Encouragement & praise
- Challenge yourself & others
- Creating & utilising opportunities
- Networking





Thank you

Any questions?



@logan_angie



angie.logan@plymouth.ac.uk

Influencing in retirement

Chris Foster



My Journey



Hayley Clarke
Band 5 Physiotherapist
Portsmouth Hospital Trust

@PhysioHayley





Karen Middleton
@KMiddletonCSP

Following

She's definitely one to watch!



Chartered Physios @thecsp
Give people with dyslexia better support at work, says CSP
dlvr.it/LMGJcZ



Alex MacKenzie
@AlexMacKenzie11

Following

Replying to @PhysioHayley

@PhysioHayley @thecspstudents
congratulations! The students have elected a
great leader



Claire Sullivan
@CSullivanCSP

Following

@thecspstudents @PhysioHayley
@KMiddletonCSP - based on your input to
today's student funding debate, future for
physio is bright indeed!

5:08 AM - 17 Oct 2015



Jamie Carson
@JamieCarsonARU

Following

V proud of @PhysioHayley the most inspiring
passionate & articulate leader of physio
students #SRDW17 @thecsp
@thecspstudents @KMiddletonCSP



Claire Arditto
@ArdittoClaire

Following

Replying to @saraeastburn11

@saraeastburn11 @PhysioHayley
@thecspstudents @thecsp an amazing job...a
true role model for the student exec!!



catherine pope
@cat_pope_CSP

Following

She really is a great role model for aspiring
physiotherapy leaders - not just students! I
learn from @PhysioHayley every time I see
her



Beverley Harden
@BeverleyHarden

Following

Replying to @CspMindy

Inspirational leadership @PhysioHayley
westand humbled @CSPsouthcentral
@CateJL @mcwadleyphysio @mand_1972
@CspMindy @thecsp @PhysioTeacher

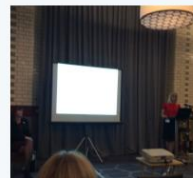
2:33 PM - 25 Jan 2017

You Retweeted



Karen Middleton @KMiddletonCSP · Mar 6

She illustrated that leadership isn't about status, grade or position!



Philip Hulse @HulsePhilip

@PhysioHayley #inspirational presentation @thecsp
#csparc17 fringe. Increasing #engagement
@thecspstudents #leader in present & future

Pre Uni

- D of E
- Guiding
- Dance club
- Sports captain
- Coaching



University

- ❑ Cardiff Met – BSc strength conditioning & rehab.
- ❑ St Mary's University- MSc Sport Rehabilitation.
- ❑ Southampton University – MSc Physiotherapy.



CSP Journey

- ▣ CSP Student Rep
- ▣ Student executive committee (SEC)
- ▣ Student rep to council
- ▣ SEC Chair
- ▣ PPSD Committee
- ▣ Education awards panel
- ▣ Student ERWCPT Europe



CSP Journey

- South Central Regional Network Vice Chair
- CSP workplace steward




Influencing & Leadership

- Student funding
- Governance
- PrBl
- TUC Disabled workers conference
- Physiotherapy UK panelist
- ERWCPT Podcasts
- Frontline
- ARC
- South central region
- CSP Council meetings
- HEE meeting
- SRDW
- Speak at Universities & schools
- ERN Network and board days
- JCNC Meetings
- AHP Student finalist
- Round table events
- Regional meetings and conference
- University conference and inviting CSP
- Chairing PRBL webinar
- WCPT future meeting
- SEC meetings
- Student rep recruitment & training

Lessons learnt...

- Do what you do not yet feel ready to do
- Remind yourself of what you have achieved and what you want to achieve
- Support others
- Learn from everyone and everything around you – but then remember that is not the only way...
- Put yourself in positions of possible influence and leadership
- Do not fear change!
- Be passionate
- Be brave – be first, be different
- It is not about position or title
- Build relationships – understand others
- Be respectful
- Be prepared





Influencing Physiotherapy – A personal career perspective

Paul Tompkins

13th September 2017

Aims

- Outline how people and circumstances can influence a career in Physiotherapy
- Highlight current dilemmas, threats and future opportunities for the profession



2017 – Where am I now?!

- Owner and Lead clinician of successful private practice
- Associate Lecturer at UWE
- Consultant Physio at Cheltenham Town FC
- Board Member of PhysioNet Bristol



How and why did I get there?

- Influences as a child
 - Sport+++
 - Visiting local Physio / Sports Therapist
 - Watching Physios run on pitch
- Working with my Dad's Team!
 - FA Injury course

Work Experience

- Observational day at the BRI
- Nursing Home visits
- Concerns nowadays of lack of exposure to new physios

Physiotherapy Assistant 1994-1997

- Community based role
- Domiciliary visits
- Admin
- Gym based rehab
- University Applications +++
- #persistence!!!
- Hugely influenced by experience both from professional and personal point
- Pat Lansdale
- Made my mind up

University 1997-2000



- Influenced by Peers, Lecturers, Patients and Clinical Educators
- Constant learning process
- Placement experience vital
 - +ve and -ve

Junior Job

- Southmead Hospital
 - Junior & Senior II rotations
- Various Part-time roles
 - Bath University
 - Local Football
- Peers, Colleagues & Patients
- Terms and Conditions
- Volunteering?

The lure of professional Sport

- Bristol Rugby Club
- Rewards
- Negative Aspects
- CPD Opportunities
- Multiple relationships
- Also possible to influence others in a positive way in such high profile roles



Private Practice – ? Career Change

- One year working as clinician
- Became disillusioned - ? Need to change career
- Influenced by market forces

ESP – The perfect role?

- Primary Care Interface Service
- Work alongside surgeons
- Spell in NHS Management
- Ultimate boredom!!
 - Conveyor belt
 - Signposter
 - What happens to patients
- Role dictates direction
 - Eg Injection Therapy
 - IRMER
 - Fate!
 - University Role

Private Practice - Leap of Faith!

- Fate - eg Home set up
- University role
- Family & Friends
- Financial Necessity!
- Catalyst for further Development eg NMP

Professional Football – Physio Co-operative

The role of networking

- Helping out a colleague
- Miss the day to day banter
- Opens other doors / training
- Private practice benefitting from NHS circumstances

Summary

My Story

- Every Clinician has a story
- Influenced by multiple people and situations
- Tried to be a positive influence
- Never ignore fate and luck
- Don't become stale
- Be Brave

My views!!

- Genuine Worry re the future of the profession
 - Doors opening and closing
- ?Glorified Personal Trainers
- Opportunities to influence are reducing
- Other professions are upping their game
- Negative public perception
- Inherently linked to NHS politics

The End

Thank you for listening...

Any Questions



What next?



Question time

Share your thoughts on today's event:

Go to www.menti.com and use the code:

57 50 55

Networking

A decorative graphic consisting of several curved lines in shades of blue and orange, sweeping across the bottom right portion of the slide.