



# Bitesize

## Our online course to support busy care sector leaders

For managers, deputies, team leaders and nurses working in care homes and other care settings for adults

### What does Bitesize offer me?

- Gain practical ideas, tips and advice to support quality development
- Strengthen your own resilience, confidence and leadership
- Get the support you need from others who understand the complex work of care services
- Build your evidence for inspections and your own CPD
- Build on your knowledge and expertise of positive practice and technology

### Course details

- Informal sessions - online in small confidential groups
- Realistic time commitment - 5 x 2 hour sessions (1 per month)
- Led by an experienced My Home Life England facilitator
- No additional time commitment in terms of assignment
- Receive a resource pack and a certificate of completion
- Cost £595 (payable by credit card or invoice)

***"Really excellent programme."***

***"The 4 frameworks fit together and you can see how everything relates to CQC."***

***"We had a fantastic facilitator who really listened and gave good strategies to try."***

## Registration is now OPEN for our next 3 start dates

- October & November 2023
- January 2024



**[Visit our website here to sign-up](#)**

Or email [mhl@city.ac.uk](mailto:mhl@city.ac.uk) for an informal chat

**My home life**  
England

