

Nominee for “Schwartz Shining Star” 2021

Dr Anna Forrest, Consultant Clinical Psychologist

(People who have made inspiring contributions to any aspect of running Rounds in your organization)

I would like to nominate Anna Forrest our Schwartz Clinical Lead. I am making this nomination on behalf of myself and my fellow Schwartz facilitators and our steering group within Cambridgeshire and Peterborough NHS FT.

I have spoken to my colleagues and this is what we want to say about Anna:

“Anna has been the driving force behind the development and establishment of the Schwartz Rounds in CPFT. She has shown outstanding leadership of our Schwartz team, with a real passion for creating a safe and respectful space for any member of our staff to hear about and talk about the personal and professional impact of their work. COVID arrived when our Schwartz Rounds were still in their early days and Anna has been at the forefront of developing the team-focused offer that is “Team Time” and then adapting the Schwartz Rounds to be successfully delivered virtually. Anna organises and leads the steering group and facilitates Schwartz Rounds with humility, compassion and care.” *(Senior Manager, Steering Group member)*

“I have recently joined the Schwartz Team as a facilitator. Taking up the baton as a facilitator was made easy by the high levels of organisation and commitment that Anna shows, to the development of Schwartz Rounds in CPFT NHS Trust. She has been encouraging and containing of me as a new facilitator; has well established protocols and processes for keeping the momentum up and has embedded the Schwartz Rounds and Team Time within the Trust culture. All of this has happened, despite the additional demands that COVID has put on the Trust’s workforce. In the moment, during a Round, Anna is a supportive and reflective colleague. She makes what is a very complex task look easy.” *(Schwartz Facilitator)*

“Anna has established fruitful relationships with senior staff in the Trust that have facilitated the growth of Schwartz Rounds. This has in turn filtered through to Teams by word of mouth, from those who have had positive experiences in Rounds. There are well established protocols for running, advertising and evaluating Rounds. Moving online has been very successful. Anna’s presence in each Round, has also allowed repeated themes from staff experiences to be given a voice and named in a way that the unspeakable can be acknowledged.” *(Schwartz Facilitator)*

“I would just say that Anna to me is really the face of Schwartz for the organisation. She really encourages people to attend and participate in panels, creating a really safe environment for panelists to be truly open. Anna has supported new facilitators such as myself to be confident and embrace facilitating Schwartz and Team Time sessions, knowing that she is always there to support if we ever struggled. I truly believe that participants in the round feel safe, heard, and supported by Anna (and of course the other facilitators!!), which is why they keep coming back!” *(Schwartz Facilitator)*

“Anna can turn her hand to anything from making tea and welcoming people to championing the Schwartz cause with senior managers. From the moment you enter the room, or nowadays join the teams meeting, you feel held and supported by her. Anna truly is our ‘shining star’!” (*Steering Group member, Story Teller*)

“A couple of years ago Anna encouraged me to become a Schwartz facilitator. I was uncertain because it felt like a lot to take on. Her calm reassurance gave me the confidence to train and to join the team. Since then she has supported us to transition to a virtual world, embrace Team Time and in so doing to feel (and to know) that we are making a real difference supporting colleagues through these frightening times. She is always there for us and will always go that extra mile” (*Schwartz Facilitator*)

Nomination submitted by: Deborah Hunt, Consultant Psychologist, Schwartz Facilitator, Staff Wellbeing Lead

11/02/2021