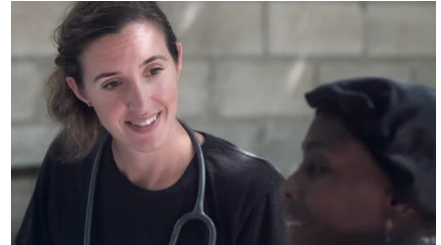


Revolutionary Consultation Skills with Dr Bhatia

How are you consulting?

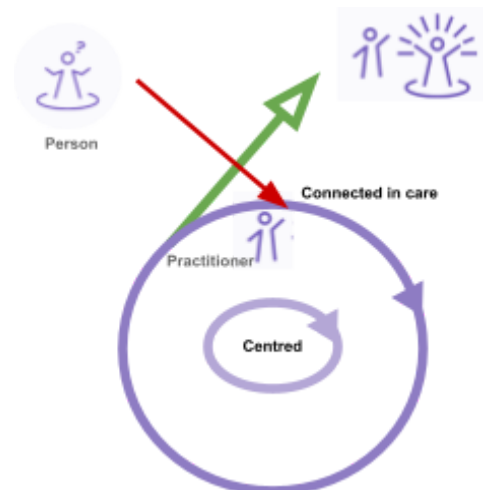
Consultations are about people (a “person” seeking help and a “practitioner” offering support), coming together in a relationship to nurture their lives.



Bounce v revolve

It ain't always easy. Sometimes consulting can feel complicated and more like insulting, as we bounce off each other in unpredictable and depleting ways.

And then sometimes things just flow, as we centre and connect in care, then revolve and release in a helpful direction, mutually nourished by the process.



Revolutionary relationships

Simple, effective and empowering, the revolutionary consultation skills workshop translates the science and art of consulting into practical ways to navigate the consultation journey.

This is for you

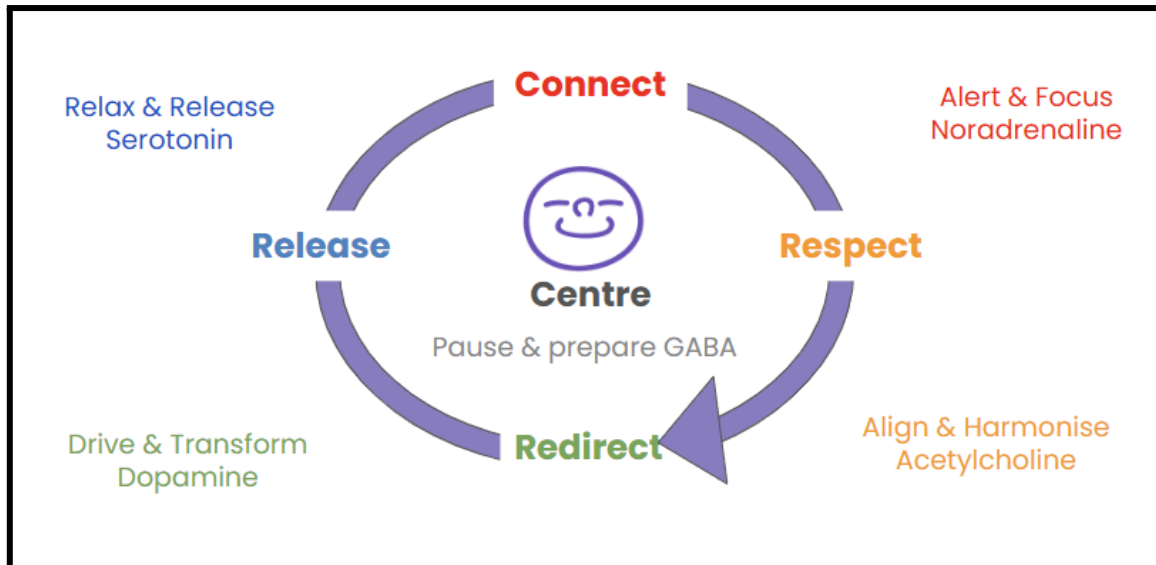
If you would like to explore the neurobiology of consulting, practice skills in enabling empathy, channeling conflict and ease the flow of consultations.

Your Humble Guide



Playful and pioneering, Dr Ashish Bhatia is an NHS GP, medical educator and founder of Humble, specialising in health and performance optimisation. Put simply, he helps you bring out your best. To find out more visit www.humble.info

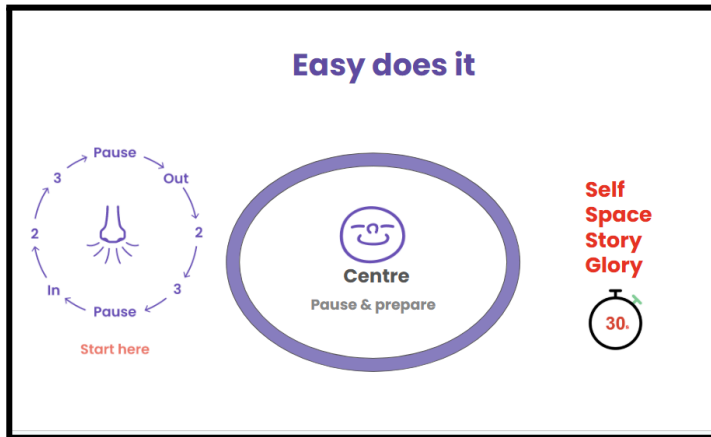
Revolutionary Consultation Skills



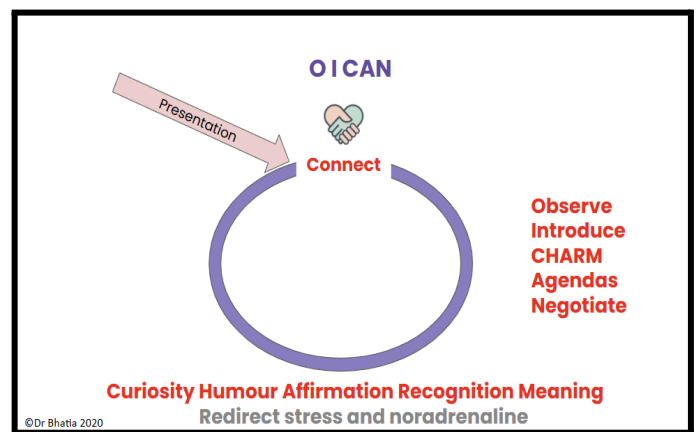
Skills Tracker

| Skill | Element | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Insights & actions |
|----------|--|-------|-------|-------|-------|-------|--------------------|
| Centre | Pause & Breathe | | | | | | |
| | Prepare Self space story glory | | | | | | |
| Connect | O I CAN Observe, Introduce Charm Adjenda Negotiate | | | | | | |
| Respect | Whole person | | | | | | |
| Redirect | ASPIRE Ask Signpost Possibilities Invite Reflect | | | | | | |
| Release | Summarise Steps Support Safety net Satisfied | | | | | | |
| Rest | Take a break | | | | | | |

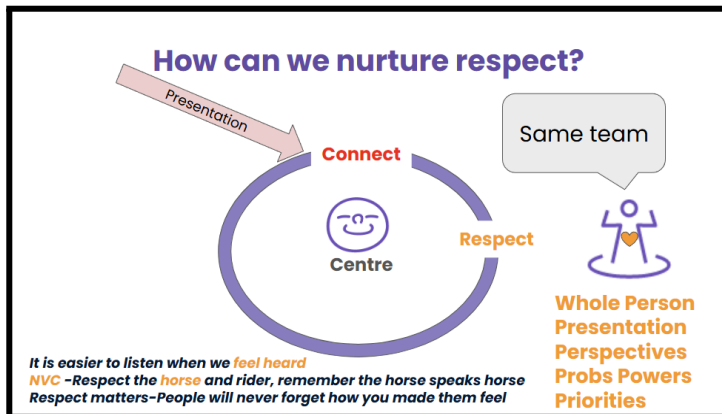
Centre



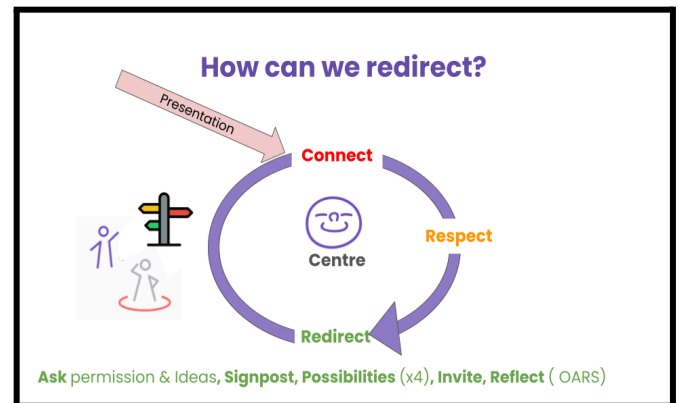
Connect



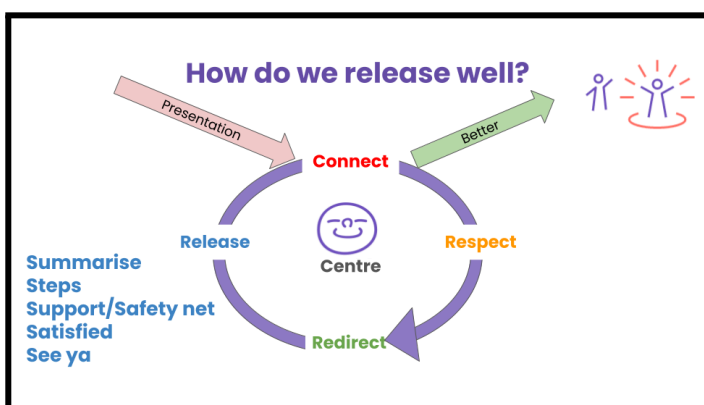
Respect



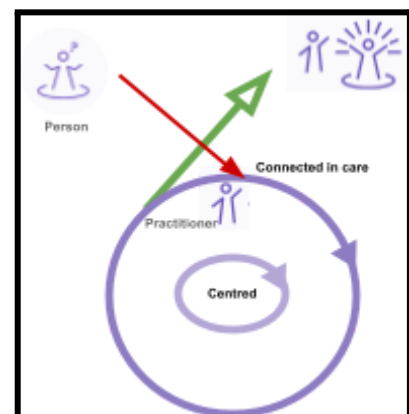
Redirect



Release



Rest & Recentre



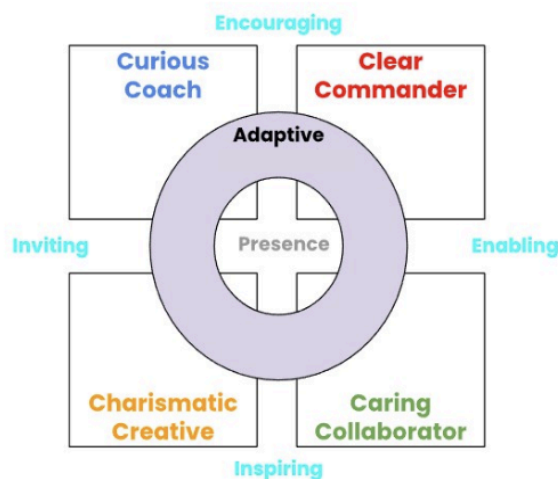
Let's explore and score your social skills



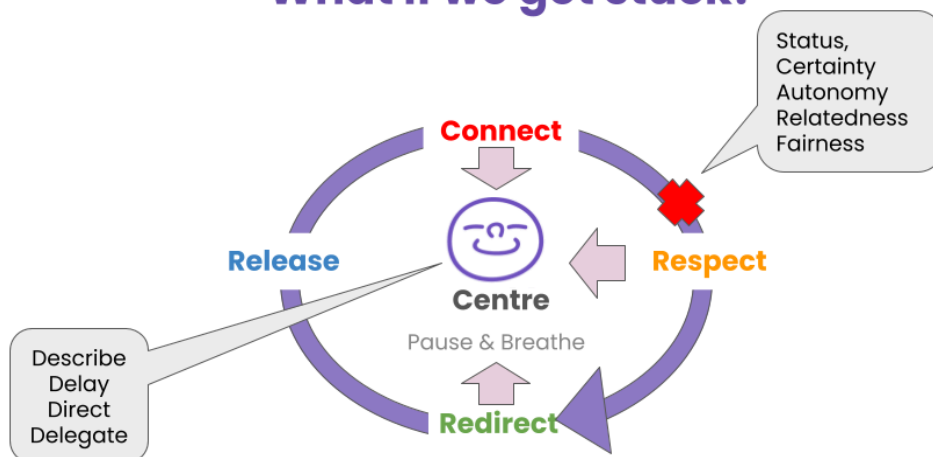
Which clinician would you like to see?

For a

Anxiety
Bleed PR
Chest pain (acute)
Diabetes (new)
Exercise advice
Fertility advice
Gout
Hypertension
Infected toe
Joint pain



What if we get stuck?



*This seems a bit tricky, can we pause a moment...
I wonder, what are your thoughts... shall we get some help*