



Diamond Moments: Harnessing our brilliance through restorative reflection



North Central London Training Hub
Primary Care and Adult Social Care




Diamond Moment[®]- The Concept

We are part of an amazing profession, one that is unique, precious and comes in all different shapes and sizes. Similar to diamonds.

As a profession we need to own our narrative and share our stories. There is scope for us to reflect, as nurses, on the **best of what we do and achieve**, on so many levels, as a way of articulating what nursing is.

We can use opportunities to actively reflect, bringing awareness and insight into, **what is the essence of nursing for each of us**. Taking time to connect or re-connect with what 'feeds', **motivates and restores** us as professionals

A diamond is precious and rare. It comes in all different cuts and colours. They can be large or small. Be found alone or part of a collection. They can be placed under immense pressure but stand the test of time.



What are our Diamond Moments®?

Those moments in time,
that encapsulate the best
in nursing for you.

A moment that
demonstrates you at your
best connected to others
at their best.

They are beacons of light
into what motivates and
drives you.

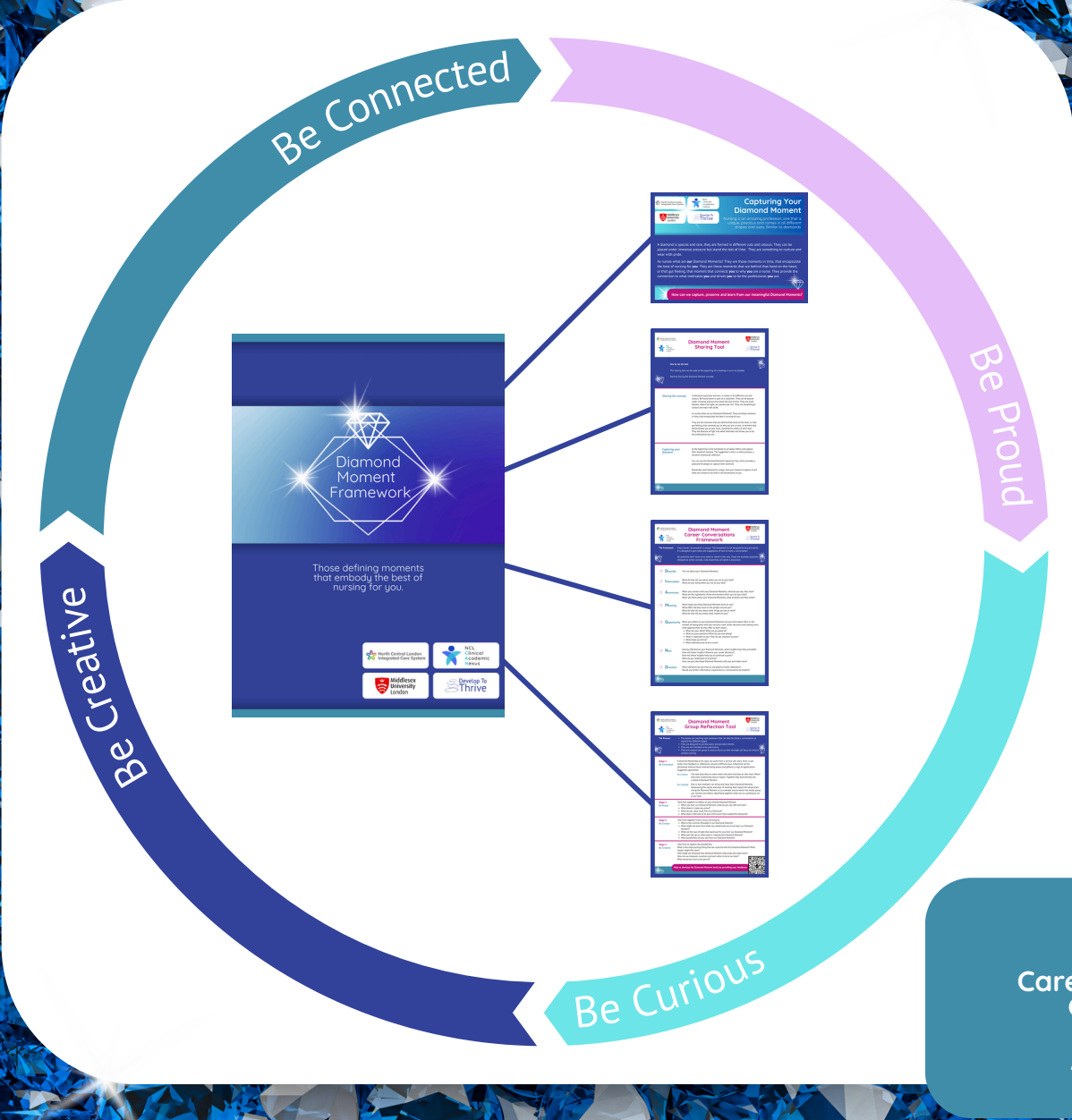
Those moments behind
that hand on the heart, or
gut feeling that connects
you to why you are a
nurse.

They can emerge from
times that have been
challenging and difficult.

Take a moment to pause and
think about your recent Diamond
Moment®

Share for us all to admire

The Diamond Moment® Framework- The tools





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Book your space

<https://forms.office.com/e/gbFRcDyaZN>



NEW DATES

- Thursday the 4th of June - 9:30- 13:00- Online MS TEAMS
- Tuesday the 30th of June 13:00- 16:30- In person - Wood Green, N22 7TY

Come and train to be a
facilitator.

