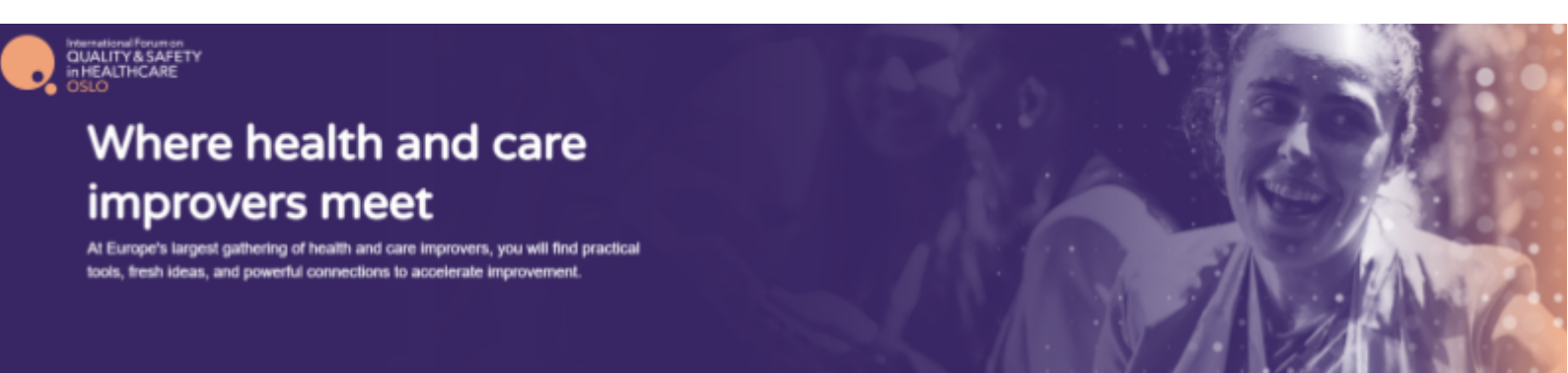




Where health and care improvers meet

At Europe's largest gathering of health and care improvers, you will find practical tools, fresh ideas, and powerful connections to accelerate improvement.

Attend as a Team Event Toolkit

When staff attend conferences, their employer invests in them and what they will bring back to the organisation. We hope this toolkit will help you make the most of your attendance at the Forum—before, during, and after.

We are passionate believers that improving quality and safety in healthcare is strongest when delivered as a team. So most of this Toolkit is designed to be used as a group, but that doesn't mean you can't find it helpful as an individual.

We recommend that your team meet and discuss your impact plan as soon as you've booked tickets (or use the impact planning process to decide who should join the team).

Step 1: Setting goals and objectives to help you plan your attendance

To ensure you get the most out of the conference, we'd recommend setting goals to determine what you'd like to achieve as a team.

It's essential to understand what your organisation or team is prioritising at the moment to ensure you create goals that align with both your organisation's and your team's objectives. Once you've established your goals, you should think about how the International Forum will help you deliver them. Some guidance on setting goals can be found [here](#)...

- Team Goals: Your team goals will depend on what type of team you are attending with:.
- A vertical team might agree on goals together that aim to build relationships with each other and impact the culture of the organisation in a certain way
 - A horizontal team might agree on similar goals to a vertical team, but also to have an organisational impact by establishing common approaches to shared problems
 - A Frontline team might agree on goals that specifically relate to the care they deliver

Individual Goals: These should be shared with the team and success celebrated. They might be things like:

- Establish or grow my network of peers in other organisations
- Present to a large international audience for the first time
- Meet other people with lived experience and understand new ways of sharing expertise
- Attend a conference for the first time and participate in a workshop

Team or Individual Goal	Responsibility	Goal	How will the conference help you achieve this?

Step 2: Planning your attendance

Reviewing the programme:

All sessions can be found on the programme page at internationalforum.bmj.com/oslo. To help filter sessions that are most relevant for your teams' roles, objectives and learning styles, we'd recommend using:

- The Stream filters
 - Safety: Redesigning systems to anticipate and prevent harm, foster psychological safety, and strengthen resilience – embedding human-centered, forward-looking safety science
 - People: Creating thriving, inclusive teams through co-production, workforce equity, and strategies that drive meaning, purpose, and joy in work
 - Leading: Mobilising leadership to deliver better outcomes, equity, sustainability, and workforce wellbeing across every level of the system
 - Populations: Transforming care to meet the needs of whole populations – integrating data, addressing inequities, shifting care to the community, and aligning services across systems and sectors
 - Change: Activating change at scale by applying implementation science, systems thinking, and the power of networks and movements
 - Science: Using the best of improvement science – rigorous methods, real-world evaluation, and learning systems to accelerate results
- The Session Format filters
 - Keynote
 - Presentation
 - Workshop
 - Site Visit
 - World Cafe
 - Poster Presentations

Booking Sessions: We recommend that each member of your team pre-book sessions ahead of the conference to help secure places in key sessions and plan their time onsite. Session bookings will be launching in November via the event app and can be updated up until the event day. All registered attendees will receive an email notifying them when session bookings are open.

Other Activities: We have also launched the **Attendee Information Hub**, which gives an overview of all activities taking place across the three days of the conference. We have lots of exciting new additions to the event design in 2026!

Step 3: Sharing learnings and takeaways

To make it easy to share learnings and key takeaways from the conference with your team and organisation, we'd recommend:

- Using the Notes function on the event app for each session you attend
- Complete the table below to summarise useful learnings

[illegible]