



RCPsych Leadership and Management Fellow Scheme 2025/26

Module 3 pre-work- 'My project and Me'

Date: 3 October via Zoom

We encourage you to plan and secure meetings with your mentor to identify and discuss your project before the start of the Scheme and its progress. In preparation for the online module '**My Project and Me**' please note the following pre-work:

Please send your project pitch summary and video to lmfs@rcpsych.ac.uk by 17 September, 11am

How to prepare your project pre-work:

The day will be about sharing your ideas for change and how to approach your projects. This leadership project should be of strategic or operational significance within your local organisation-your project will not be determined or assessed by the Scheme.

Your project may change a little or completely following this day, we are not seeking a commitment to one idea at this point – going through the processes before and during the 3rd October module is the learning opportunity. We will reflect on this throughout the rest of the LMFS including on the final day of the Scheme.

1. Project summary

Please send us a 200-word summary of your project idea including the title, a SMART aim and the reasons for this project. This will also be an opportunity to think about whether your project is a service improvement, a QIP or service evaluation to help you plan the next steps.

The purpose of doing this is to give you the opportunity to summarise your project in a way that could be quickly shared with anyone of your potential stakeholders.

We are delighted to be able to share with you sample project summaries provided by some of our Scheme Alumni who have kindly agreed for their work to be shared on this [link](#).

We would like to share your project summary on the RCPsych website for future fellows and mentors to be inspired by your work, if you would prefer that we didn't do this, please let us know.

2. Project video pitch

Please also record a 3-minute presentation of your proposed project which includes the reasons behind your chosen area, your plan for delivery and the potential challenges you might encounter. Again, the audience is any of your potential stakeholders.

The purpose of doing this is to develop skills in making an audio-visual pitch to present your idea in a succinct manner. The facilitator will pause your video at 3 minutes.

This can be filmed on your mobile phone, Zoom, Teams etc, you may consider sending this via WeTransfer/similar file sharing platform.

- The project pitch session will take place in multiple simultaneous breakout rooms with the LMFS Team facilitating.
- Presentations will take place in alphabetical order in each session; a schedule will be shared in due course.
- The facilitator in each session will play your pre-recorded presentation and keep time.
- After each recorded project pitch there will be a short Q&A and discussion.
- Brief written feedback will be provided by the facilitators based on both your presentation and engagement in Q&A following other fellows' presentations.

For the Q&A and discussion, a few pointers to think about:

- What type of project is this?
- Are the SMART aims clear?
- Has the key problem been identified and considered in enough detail?
- What and how the data is/will be measured to assess change?
- What is the plan to involve & engage others?
- What are the potential barriers and how some of these might they be addressed?

A few tips for your recording:

- Please ensure your video is filmed in landscape mode (and NOT in portrait mode)
- Ensure there's sufficient lighting in your clip and it does not exceed 3 minutes
- Recordings can be filmed on your mobile phone or using Zoom or Microsoft Teams
- If the file size is too large to attach to an email, please transfer using a file transfer site such as We Transfer or Google drive.