

Improve Self Care, Manage Stress & Enhance Resilience

Virtual Interactive Workshops

SuppoRTT Virtual workshops

Monday 27th February 2023

Start 09:20 and finish 15:30

All our workshops are delivered by NHS clinicians

Trainees book through HEE Maxcourse

Outline

Join our experienced tutors who are practising NHS doctors and take time to consider your own needs as you return to work.

We recognise from the GMC review (caring for doctors caring for patients) that there are considerable challenges faced by all doctors working within the NHS, with 1 in 3 doctors suffering work related stress and 1 in 4 trainees experiencing burnout. Take proactive steps and become better equipped with effective self-care strategies to improve you own wellbeing and maintain high levels of resilience.

The workshop will focus on

- Time and space to reflect on recent challenges
- Better understand the effects of Health, Illness, Stress and Fatigue on Work
- Learn to manage energy not your time
- Explore work life balance and develop positive intelligence
- Strategies for self-care and enhancing our resilience and that of others

Facilitators

DoctorsTraining is a collaboration of doctors with a wealth of experience at a local, regional and national level in postgraduate medical education, coaching, appraisal and medical leadership. As a group we are passionate about the support and development of doctors by doctors. The workshops have been designed and are delivered by our faculty of clinicians who are experts in their field and inspirational trainers. We have the unique balance allowing us to share many years of real experience along with the latest updates and changes in training from our core team occupying key leadership roles in medical educations.

You can meet our faculty at - <https://doctorstraining.com/meet-the-team/>



Email: office@doctorstraining.com



Twitter: @sifrazer



Web: www.doctorstraining.com