

# SuppoRTT and Well-being

Tankersley Manor

11 December 2018

## PROVISIONAL AGENDA

0930-1000 Arrival and refreshments

1000-1030 Welcome and Introduction to SuppoRTT

1030-1045 Icebreaker

1045-1130 Trainee experiences

1130-1145 Break

1145-1245 An introduction to stress management / Understanding Coaching and Mentoring

1245 – 1330 Lunch

1330 – 1415 Understanding coaching and mentoring / An introduction to stress management

1420-1520 Workshops

1520 – 1600 Close and feedback

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