

# SuppoRTT and Well-being

11 December 2018

**Are you a trainee who has had time out of training?**

**Are you a trainee who is considering time out of training?**

**Are you in a supervising role supporting trainees?**

This one day event will explore what the SuppoRTT return to training programme can offer trainees while considering personal well-being. There will be an opportunity to hear trainees experiences, consider your own stress management, learn more about coaching and mentoring and attend a workshop of your choice.

**0930 – 1630**

**Tankersley Manor**

Tankersley, Barnsley, S75 3DQ

**To find out more and view the provisional programme visit  
Maxcourse and search ‘SuppoRTT and well-being’**

**<https://www.maxcourse.co.uk/HEEYHME/>**

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