

Surviving the Human Zoo

Lecturers:

Mr Anthony Asquith

Ms Sarah Thompson

Date and Venue:

Wednesday 15 February 2012

The Alverton Manor Hotel

Course Organiser:

Carrie Bradburn, Postgraduate Tutor

PROGRAMME

09.00 Registration and Tea/Coffee

09.30 - Discover in a fun session neuro-science of the brain when emotionally hijacked together with a fun look at what causes the stress response.

What is getting the profession so upset and why? Review and discussion.

We'll take time to also explore the S.C.A.R.F. social model of behaviourism and interaction and how this when understood, can be used successfully in your workplace for yourself and others.

Gain understanding of how perception of environmental and professional pressures can be adapted for better productivity and improved mindfulness.

11.15 Tea/Coffee

11.30 - Building optimism back into your life – personal assessment.

We'll train you to think better and perfect your ability to tolerate uncertainty, enabling you to put this in perspective.

12.45pm Lunch

13.45 - Getting your life back and developing a game plan to reflect the need for a work life balance.

Relaxation and guided visualisation skills to manage your mindset in order to generate insights and mindfulness.

15.00 Tea/Coffee

15.15 Review and conclusions for change .

16.30 Close

Aim : To provide strategies for dealing with stress in dentistry

Objectives: By the end of the course delegates should have knowledge of:

Empowerment to manage your thinking productively despite adversity

Work / Life Balance Planning Strategies

How to remain calm and create increased mindfulness in your life

Self Hypnosis