

**Surviving the Human Zoo  
(COURSE 1523)**

Date and venue:

17/05/2013

Postgraduate Centre  
Dorset County Hospital

Course Organiser:

Richard Valle-Jones

Course Lecturers:

Anthony Asquith and Melanie Freeman

**Programme**

|              |  |
|--------------|--|
| 0900- 09.30  | Registration   |
| 09.30 -11.00 | Session 1: What is getting the profession so upset and why?<br>How neuro linguistic programming can help<br>SCARF social model of behaviourism<br>How perception of environment and professional pressures can be adapted for better productivity. |
| 11.00 -11.15 | Coffee   |
| 11.15-12.45  | Session 2: How to tolerate uncertainty<br>How to build optimism back in your life  |
| 12.45-13.30  | Lunch  |
| 13.30-15.00  | Session 3: How to develop a game plan<br>How to get your life back   |
| 15.00-15.15  | Coffee   |
| 15.15-16.30  | Session 4: Relaxation and guided visualisation skills<br>Round up and conclusions  |