

Relax More, Worry Less

- and enjoy a happier career in dentistry

Date and Venue:
Friday 24 October 2014
Merchant House Hotel, Truro

Course Organiser:
Carrie Bradburn, Dental Postgraduate Tutor

Course Lecturer:
Anthony Asquith
Dentcom Training

Programme

09.00 – 09.30 09.30 - 11.20	Registration and Tea/Coffee How to maintain a work life balance
11.20 - 11.35 11.35 - 13.00	Tea/Coffee Insights into human brain functioning and stress responses. Overcoming 'the chimp paradox'!
13.00 - 13.45 13.45 - 15.20	Lunch How to cope with the fact that these influences are often outside of your control
15.20 - 15.35 15.35 - 16.30	Tea/Coffee Simple techniques to help you combat the stress response and help you become calm quickly
16.30	Close

Aim:- To demonstrate the implications of stress and occupational burnout and to discuss how to avoid this, or reduce its effect

Objectives:- By the end of the course delegates should know how to -
Manage their thinking productively despite adversity
Create a plan for a productive work/life balance
Understand how much stress they're under and what to do about this
Use 'Mindfulness Meditation' to boost calm and motivation