

# **SuppoRTT**

## **Supported Return to Training**

# **Building Personal & Professional Well-being**

Health Education England are introducing the concept of supported Return To Training (RTT) Events and Educational days for those who may soon be returning to their training programme.

We would like to invite you to a one day resilience training programme delivered by Petros that will aim to develop and enhance your personal resilience in preparation for your return to training. This highly engaging and practical day will give you a clear understanding of what stress is really all about and the link between stress and poor health. You'll discover how you can combat stress in work and home life, feel better, be more productive and content.

Please note that this is a baby friendly event.

**SuppoRTT: Building personal & professional well-being**  
**24th July 2018**  
**09:30 – 15:00**  
**Tankersley Manor**  
**Barnsley**  
**S75 3DQ**

Please book your place through Medical Maxcourse. Please look for SuppoRTT: Building personal & professional well-being

**For more information about SuppoRTT please visit our website;**  
[Supported Return to Training | Health Education Yorkshire and Humber](#)