

Surviving and Thriving Maintaining Resilience in General Practice

Tuesday, 9 October 2018 — Leadership Academy, Leeds

09:00-16:00

Resilience

**Why is it important?
Can it be learned and developed?
Can it be taught?**

Aim

To raise awareness about resilience and explore how being more resilient may help us survive and thrive in work.

Objectives

To explore and discuss resilience using research, resources and our own life experience

Learning Outcomes

For attendees to have a greater understanding of resilience and increased motivation and confidence to develop it in themselves and discuss it with their colleagues and trainees

**Developing people
for health and
healthcare**

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