

## Support your Trainee to Improve Self-Care, Manage Stress and Enhance Resilience

### Summary of workshop

An opportunity to learn, reflect on and practise constructive ways of supporting your trainees, in order to equip them with strategies to optimise their personal and professional effectiveness.

### What will be covered?

- Reflection on the common challenges trainees face
- How health, illness, stress, and fatigue impact performance, and how to recognise this early
- The importance of energy management, not just time
- How to effectively approach achieving work-life balance
- Strategies to optimise self-care, resilience and emotional agility in ourselves and our trainees
- What you can do to create a supportive learning environment
- How to recognise and support trainees in difficulty

### Who is it for?

Trainers, Supervisors, SAS, Education leads, Tutor/TPD's, Senior Faculty, Appraisers.

Start: 9:30 (Doors open 9:20)  
Finish: 3:30

Location: Virtual

Breaks: Coffee 10:45, Lunch 12:30 - 1:15,  
Tea 2:30

[Book with Maxcourse here](#)



*DoctorsTraining is a collaboration of senior doctors in postgraduate medical education, executive coaches, and experienced medical leaders.*

*We provide space to think, share ideas and to learn with fellow professionals.*

*We are authentic, highly credible, and passionate about supporting the current and future NHS workforce*

[Meet the team](#)

6

Hours

1 2 6 7  
GMC  
Domains

Min - 4  
Max - 24  
Numbers

Virtual

*"I attended your educational supervisor training and I wanted to thank you for making it such a useful and enjoyable session despite having to do it virtually. I have attended your previous training session three years ago face to face and the part time training session virtually. You are an inspirational teacher and I have never left any of your teaching sessions without learning something useful and using it in daily practice."*

Consultant, United Hospitals  
Leicester NHS Trust