

Training and support for all doctors by doctors

# RETURNING TO WORK IMPROVING SELF CARE AND BOOSTING MENTAL FITNESS

BOOK WITH LOCAL CENTRE

 Who's it for

## PGDIT

This workshop is designed to help NHS staff prioritise self-care to combat burnout and enhance overall performance. Participants will learn strategies to manage stress and boost mental fitness, ensuring they can deliver high-quality patient care while maintaining personal well-being and motivation.

Participants will acquire practical techniques for reflecting on recent challenges, understanding the impact of stress and fatigue, and managing their energy effectively. The workshop focuses on mental fitness, providing actionable strategies to improve well-being and sustain motivation in a demanding work environment.

 Course Length

**6 HOURS**

 Numbers Min - Max

**4 - 24**

 GPC Framework

**1,2,4**

## WORKSHOPS

Virtual

**3<sup>RD</sup> JUL 2025**  
**23<sup>RD</sup> JAN 2026**

## START TIME

**9:30AM**

(Doors open at 9:20)

## Breaks

10:45 Coffee/Tea  
12:30 – 1:15 Lunch  
2:30 Coffee/Tea  
3:30 Close

## LOCATION

Virtual via Zoom

## HOW TO BOOK ONTO THE COURSE

Book via Maxcourse

BALANCE | PURPOSE | DEVELOPMENT

doctorstraining.com