

## Improving Wellbeing – Helping you Develop Resilience in “Doctors in Training”

(1 day)

Clinicians tend to be highly resilient and we cope well most of the time, but research identifies doctors and nurses are high-risk groups for stress-related harm and as the pressures they are facing are increasing.

Everyone is resilient to varying degrees, yet everyone can become even more resilient. This workshop explores resilience as a concept, but also shares practical ways that leaders can build resilience in themselves and others.

### **Learning objectives:**

By the end of the one-day workshop, delegates will be able to:

- Identify what resilience is and key factors in the workplace that undermine it in their colleagues
- Explore and prioritise effective ways of managing patterns of behaviour
- Develop strategies to manage negative emotions in others
- Actively encourage resilience strategies in the face of adversity

### **Outline Programme:**

#### **Pre-workshop questionnaire**

##### Understanding Resilience

- What it is and the components
- Resilience risk and protective factors
- The link with perception

##### Tips and Tools to support resilience in trainees

- Practical approaches
- Personality and resilience
- Situational beliefs/switching perspectives
- Reflective conversation: exercise using CS/ES scenarios
- Generating learned optimism
- The role of leaders in promoting resilience
- Collaborative conflict resolution model

#### **Zoom test**

Please make sure you are set up to run Zoom and to participate (via both camera and audio). Please [follow this link](#) to test your settings in advance.

**Participation is a requirement in order to receive a certificate of attendance.**



**GMC approved AoME domains covered:**

**Domain 6**

**7 guided learning hours  
7 CPD points**