

Training and support for all doctors by doctors


RETURNING TO WORK MANAGING STRESS AND BOOSTING MENTAL FITNESS

BOOK ON MAXCOURSE



NHS England

working across Yorkshire and the Humber

 Who's it for

RETURNING TRAINEES

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.

WORKSHOPS

Virtual

9TH JUL 2026

11TH FEB 2027

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

 Course Length

6 HOURS

 Numbers Min - Max

4 - 24

 GPC Framework

1,2,4



HOW TO BOOK ONTO THE COURSE

Via Maxcourse here

BALANCE | PURPOSE | DEVELOPMENT

doctorstraining.com