

Junior Doctor Well-being and Morale Workshop

Tankersley Manor, 05 March 2019

0930	Refreshments and Registration
0945	Introduction and aims of the day - Sanjay Suri
1000	Trainee viewpoint - Jess Dobson What prevents junior doctors from seeking help? How supervisors can help?
1030	Trainer viewpoint - Sanjay Suri Recognising early warning signs Challenging situations
1100	Break- Refreshments
1115	Resources available - Rum Thomas Supervision and the ARCP process Surviving and thriving days MBSR* (starting soon)
1215	Lunch
1300	What can SuppoRTT offer? - Ros Roden
1400	Supportive conversation with a junior doctor - Ros Roden Scenario role play using actor
1445	Scenarios group discussion Sanjay , Jess , Rum , Ros, Shobha
1530	Break- Refreshments
1545	Trainer/Supervisor well-being and morale - Sanjay Suri Burnout GMC trainer survey The wounded healer
1615	Organisational culture - Jess Dobson Greatix Rota gaps Breaks Thank you/Cakes
1630	Evaluation & Close