

# Why Do We Work? & How Can We Support our Trainees to Stay Motivated throughout their Career?



**Tuesday, 7<sup>th</sup> May 2019 – 09:00 to 16:15**

**Thorpe Park Hotel & Spa, 1150 Century Walk, Thorpe Park, Leeds, LS15 8ZB**

**Tutor(s) – Dr's Nicola Gill & David Fair**

<b>09:00</b>	<b>Arrival, Registration &amp; Refreshments</b>
09:15	Introduction and plan for the day
	Why do we work?
<b>11:00</b>	<b>Coffee Break</b>
	What helps us to thrive at work and what gets in the way?
<b>12:30</b>	<b>Lunch</b>
	What can we do to stay motivated and well in work?
<b>15:00</b>	<b>Tea Break</b>
	How can we prepare our trainees for working and a GP and guide them with strategies to stay motivated in their GP Careers?
<b>16:15</b>	<b>Depart</b>