

# The Art of Increasing Resilience and Cultivating Wellbeing in GPs

Friday, 10th May 2019 - Thorpe Park Hotel, Leeds

9:00 to 17:00

Dr Karen Forshaw & Chrissie Mowbray

## Definition of Resilience

*Overcoming adversity, whilst also potentially changing, or even dramatically transforming, (aspects of) that adversity.'* (Hart et al., 2016, p. 3)

### The Specific Course Objectives:

1. To establish a professional, confidential environment
2. To examine the increasing need for resilience in General Practice
3. To teach a host of practical resilience tools
  - a. Achieving Mindfulness
  - b. NLP reframing techniques
  - c. Managing conflict
  - d. Effective communication
  - e. Rebooting between patients and leaving it in the office
  - f. Meditation
  - g. Understanding the power of ritual
  - h. Creating positive mantra's
  - i. The Five-Point Rescue Plan
  - j. Cultivating a state of acceptance (overcoming resistance)
4. Practical exercises including guided meditation. Yoga Matt, blanket and cushion advised but participation is optional and you can meditate in your chair.

We are both practising clinicians who experience the ups and downs of frontline healthcare on a daily basis. These tools and techniques are how we stay afloat. This workshop is an uplifting personal development opportunity. You will find it insightful and fun and come away with your own resilience toolkit.

We look forward to working with you

Karen and Chrissie

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