

# The Art of Increasing Resilience and Cultivating Wellbeing in GP

Friday, 10<sup>th</sup> May 2019 – 09:00 to 17:00

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

Tutor(s) – Dr Karen Forshaw & Chrissie Mowbray

09:00	Arrival, Registration & Refreshments
09:15 – 09:45	Introductions and Aims of the session
09:45 – 10:30	Five-Point Rescue Plan
10:30 – 11:00	Compartmentalising and Delegating
11:00 – 11:15	Coffee Break
11:15 – 12:15	NLP – communication, conflict, reframing
12:15 – 12:30	Compassion versus Empathy
12:30 – 1:00	The White Room – Mindfulness and Meditation
1:00 – 2:00	Lunch
2:00 – 2:30	Visualisation
2:30 – 3:00	Rituals and Mantras
3:00 – 3:30	Tea Break
3:30 – 4:00	Key take home messages
4:00 – 5:00	Roost on the Wing - Meditation
5.00	Depart