

# Surviving & Thriving in Work

**How can we take care of ourselves and support our trainees and colleagues to stay motivated throughout their career?**

**Tuesday, 8<sup>th</sup> October 2019 - Thorpe Park Hotel, Leeds**

**09:00 - 16:30**

**Dr's David Fair & Nicola Gill**

## **Aims**

In this seminar we aim to explore our experience of work and discuss how we can take care of ourselves and support trainees and colleagues to stay motivated throughout their career.

## **Objectives**

In this interactive seminar we encourage you to bring your own experiences of working as a GP and supporting trainees and take away ideas and practical strategies for helping you and your trainee manage work related stress and enjoy a life-long career in General Practice.

During the day we will discuss and explore these questions:

- Why is work important?
- What motivates us to work?
- What is the difference between goal-based and value-based decision making?
- How do our personal values and beliefs impact on our decision making?
- How does basic neurophysiology help us understand and manage stress?
- What evidence-based strategies are available to improve work-life balance and reduce stress?
- What resources can I access?
- How does being resilient fit in to the concept of 'surviving and thriving in work'?
- How can I plan a teaching session to help trainees survive and thrive in work?

**Developing people  
for health and  
healthcare**