

# 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 – 09:00 to 16:30

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

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

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