

The Art of Increasing Resilience and Cultivating Wellbeing in GP

Friday, 11th October 2019 – 08:30 to 16:00

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

Tutor(s) – Dr Karen Forshaw & Chrissie Mowbray

08:30 – 09:00	Arrival, Registration & Refreshments
09:00 – 11:00	Five-Point Rescue Plan
	Self-Awareness (authentic true self thankyou technique incl compliments)
11:00 – 11:15	Coffee Break
11:15 – 13:15	NLP
	Meditation and Mindfulness (White Room Tool)
13:15 – 14:00	Lunch
14:00 – 15:00	Visualisation
	Mantras and Rituals (including 3 question ritual)
	Organisational Tools
15:00 – 15:15	Tea Break
15:15 – 16:00	Take home messages
	Roost on the Wing - Meditation
16:00	Depart