

# Improving Wellbeing – Helping you Develop Resilience in Resident Doctors and Dentists

(1 Day – 7 CPD Points)

Clinicians tend to be highly resilient and we cope well most of the time, but research identifies doctors and nurses are high-risk groups for stress-related harm and as the pressures they are facing are increasing.

Everyone is resilient to varying degrees, yet everyone can become even more resilient. This workshop explores resilience as a concept, but also shares practical ways that leaders can build resilience in themselves and others.

## Workshop Outcomes:

By the end of the one-day workshop, delegates will be able to:

- Identify what resilience is and key factors in the workplace that undermine it in their colleagues
- Explore and prioritise effective ways of managing patterns of behaviour
- Develop strategies to manage negative emotions in others
- Actively encourage resilience strategies in the face of adversity

## Workshop Content:

### Pre-workshop questionnaire

#### Understanding Resilience

- What it is and the components
- Resilience risk and protective factors
- The link with perception

#### Tips and Tools to support resilience in trainees

- Practical approaches
- Personality and resilience
- Situational beliefs/switching perspectives
- Reflective conversation: exercise using CS/ES scenarios
- Generating learned optimism
- The role of leaders in promoting resilience
- Collaborative conflict resolution model

Note to delegate: In addition to the formal pre-work (which will be sent to you separately), you may wish to think in advance regarding the objectives, or do some reading around the topics.

*What do you already know? What would you like to get out of this workshop?*

**Objective 1: Identify what resilience is and key factors in the workplace that undermine it in their colleagues:**

**Objective 2: Explore and prioritise effective ways of managing patterns of behaviour:**

**Objective 3: Develop strategies to manage negative emotions in others:**

**Objective 4: Actively encourage resilience strategies in the face of adversity:**