



Essential Skills for Medic Mums

A 1 day workshop to equip you with the tools to find balance between your professional life and motherhood.

Discover fundamental tools to prevent burnout, find balance, enhance your confidence, stay grounded and focused on fulfilling your potential.

Your Coaches and Facilitators



Mrs Helen Bryant
Consultant Paediatric
Orthopaedic Surgeon and Coach



Dr Nicki Doddridge
Acute Physician, Associate Dean and
Coach

Book Now

Monday 7th November 9:30am - 4:45pm

Monday 23rd January 9:30am - 4:45pm

Monday 27th February 9:30am - 4:45pm

Please arrive ten minutes early to ensure a prompt start. 15 places available on each date. Secure your place via the MaxCourse link you received via email.



Dr Nicki Doddridge-McCoye Coaching

— Balance · Believe · Bloom —