

Support your Trainee to Improve Self Care Manage Stress & Enhance Resilience

Virtual Interactive Workshops

Accessible for all Supervisors and final year Trainees in Yorkshire and Humber

Start 09:20 and finish 15:30 – book through the Eventbrite link

Thursday 08/12/2022 - <https://www.eventbrite.co.uk/e/354505263787>

Outline

Become better equipped to support your trainees develop effective self-care strategies to improve their wellbeing and maintain high levels of resilience.

The workshop will focus on

- Time and space to reflect on recent challenges
- Effects of Health, Illness, Stress and Fatigue on Work
- Learn to manage energy not your time
- Explore work life balance and develop positive intelligence
- Strategies for self-care and enhancing our resilience and that of others
- Creating a supportive culture in the workplace
- Recognising & Supporting colleagues in difficulty

Facilitators

DoctorsTraining is a collaboration of doctors with a wealth of experience at a local, regional and national level in postgraduate medical education, coaching, appraisal and medical leadership. As a group we are passionate about the support and development of doctors by doctors. The workshops have been designed and are delivered by our faculty of clinicians who are experts in their field and inspirational trainers. We have the unique balance allowing us to share many years of real experience along with the latest updates and changes in training from our core team occupying key leadership roles in medical educations.

You can meet our faculty at - <https://doctorstraining.com/meet-the-team/>

 Email: office@doctorstraining.com

 Twitter: [@sifrazer](https://twitter.com/sifrazer)

 Web: www.doctorstraining.com