

Improve Self Care, Manage Stress & Enhance Resilience

Virtual Interactive Workshops

Epsom & St Helier University Hospitals NHS Trust

Thursday 9th September 21: Starts 13.30– 16.30 (doors open at 13.20)

Outline

Become better equipped with effective self-care strategies to improve your own wellbeing and maintain high levels of resilience.

The workshop will focus on

- Time and space to reflect on recent challenges
- Better understand the 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 own resilience and that of others

All our workshop are delivered by active clinicians working in the NHS

Facilitator - Dr Simon Frazer (Director of Doctors Training)

Simon works as a consultant in Paediatrics, professional educator, senior appraiser for NHS England and is an ILM qualified coach. He led the education services in an acute trust for 8 years as the Director of Education and deputy medical director. He has worked with HEE on several initiatives around regional induction passports and faculty development. He has experience leading the development and implementation of the RCPCH trainee portfolio and representing his college developing a revalidation portfolio with the Academy of Royal Medical Colleges.



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