

Mindfulness in Medicine

Zoom Workshops

NHS Trust

10th September 21

Outline

To raise awareness of mindfulness as a practice and a trait and to understand its role in navigating the work-life continuum and the management of stress

Objectives:

- To become aware of the meaning of the mindfulness and the evidence base
- To understand the role of mindfulness in the management of stress
- To experience the practice of meditation to develop mindfulness
- To apply the principles of mindfulness at work and in life
- To be signposted to resources on mindfulness and self-care

Facilitator - Dr Sanjay Suri

Sanjay is a Consultant Paediatrician based Rotherham. He has held the position of Training Programme Director with the School of Paediatrics in Yorkshire and Humber for the past 10 years. He has a longstanding interest in Resilience.

He has completed an 8-week MBSR (Mindfulness Based Stress Reduction) course (developed by Jon Kabat Zinn at Harvard) and is currently training to be a MBSR teacher with Bangor University (North Wales) Centre for Mindfulness Research and Practice.

Sanjay brings a unique skill set as an experienced doctor and educator who has supported many trainees throughout their training with a balance and fresh perspective of mindfulness training that is invaluable in maintaining positive emotions and wellbeing required with the ever increasing demand and strain within the medical profession.



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