

# Return to Training – Ready, Steady, Go!

Virtual Interactive Workshops

## SuppoRTT Virtual workshops

Dates 21 :Start 09:20 and finish 15:30

All our workshops are delivered by NHS clinicians

### Outline

Join our experienced tutors who are practising NHS doctors and take time to consider your own needs as you return to work.

The workshop will focus on

- Time and space to reflect on recent changes in your own circumstances
- Explore opportunities and develop an individualised plan to support your return to training
- 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 wellbeing

### Facilitator Dr Emily Muirhead

Emily Muirhead is a GP, educator and an executive ILM qualified coach in West Yorkshire. She is a senior appraiser for RO's and medical directors through NHs E&I. Emily is passionate about communication and using these skills to facilitate a better work life balance to avoid stress and burnout



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