

## Specialty Tutor Development Day

Postgraduate Medical Centre, County Hospital, Tuesday 29<sup>th</sup> September 2020

### By the end of today you should be able to:

1. Appreciate the role and importance of mentoring and coaching in medicine.
2. Gained confidence utilising a mentoring and coaching approach in your relationship with other trainee and supervisors
3. Enhanced your skills in active listening
4. Developed appropriate questioning techniques and new methods of guidance without being overly directive
5. Recognise signs of stress and burnout amongst trainees and supervisors and help signpost appropriate strategies
6. Improve your skills and knowledge to provide a structure for careers support

### Facilitator

**Dr Simon Frazer** consultant in Paediatrics and Director of DoctorsTraining

Simon works as a professional educator, researcher 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.

### Programme

0900	Registration
0930	Introductions and expectations Resetting the clock on the 'new norm' in postgraduate medical training
10:45	Coffee break
11:00	Coaching and mentorship practice
12:30	Lunch break
1:30	Self care and wellbeing strategies for trainees
14:45	Tea
15:00	Career support
16:15	Reflection and evaluation
16:30	Close

We offer a wide range of programmes and growing bank of online resources and reference guides accessible on our DoctorsTraining site.

 Email: [office@doctorstraining.com](mailto:office@doctorstraining.com)

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

 Web: [www.doctorstraining.com](http://www.doctorstraining.com)

## My thoughts....

Why have I attended this course?

**What do** I want to cover?

Do I have any specific challenges or areas to work on today?

**So What** are the 3 key things I have learnt today

**Now what** will I do differently in the future?

Do I have any additional learning needs?



### Evaluation

<https://www.surveymonkey.co.uk/r/UHNMFaculty>

Your views are really important to us.

Please scan this QR code to provide feedback on the day.

### Doctors training doctors.....

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