

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

23rd September – [Book >>](#)

4th November – [Book >>](#)

19th November - [Book >>](#)

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

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

Dr Simon Frazer, 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 to support faculty development.

 Email: office@doctorstraining.com

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

 Web: www.doctorstraining.com