

# Welcome to UK Practice & Training

## Supporting International Medical Graduates

Zoom Workshops

## University Hospitals of Leicester NHS Trust

10<sup>th</sup> September (1:30-4:30) | 24<sup>th</sup> October (1:30-4:30)

### Outline

**This half day interactive workshop is an ideal opportunity to increase your knowledge and skills in order to optimise your training and career success in the UK**

#### **By the end of this workshop, you should have:**

- Explored and developed a deeper understanding the suitable differences in healthcare practices in the UK
- Had an opportunity to share and reflect upon your first experiences of working in the UK
- Developed increased confidence in working within a wider multi-professional team
- Have an increased understanding of the training pathways in the UK and developed strategies to plan and optimise your own training
- Become more confident with reflective practice and utilising education tools within the portfolio
- Reflected upon your own strategies to maintain wellbeing and optimise resilience

### 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.

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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