

Personal and Professional Development

Face to Face Workshop for Doctors in Training

London School of Anaesthesia

Wednesday 18th January 2023 | Wednesday 8th February 2023

Start 9:30 – 15:30 Doors open at 9:15, lunch at 12:30 to 1:15 and Tea 2:30

Please book directly with your local centre

Outline

Become better equipped to manage your own career development, adopt effective self-care strategies, and lead the team with compassion

The workshop will focus on

- Time and space to reflect on recent challenges
- Better understand the effects of Health, Illness, Stress and Fatigue on Work
- Learn to manage energy not your time
- Strategies for self-care and enhancing our own resilience and that of others
- An opportunity to reflect on your values, skills, and future career development

Facilitators

DoctorsTraining is a collaboration of doctors with a wealth of experience at a local, regional and national level in postgraduate medical education, coaching, appraisal and medical leadership. As a group we are passionate about the support and development of doctors by doctors. The workshops have been designed and are delivered by our faculty of clinicians who are experts in their field and inspirational trainers. We have the unique balance allowing us to share many years of real experience along with the latest updates and changes in training from our core team occupying key leadership roles in medical educations.

You can meet our faculty at - <https://doctorstraining.com/meet-the-team/>

 Email: office@doctorstraining.com

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

 Web: www.doctorstraining.com