



Return to work: personal skills and wellbeing workshop

31.03.2021, 11.05.2021, 21.06.2021, 01.07.2021, 12.07.2021 OR
19.07.2021

About the course

This workshop is for doctors currently out of practice that are planning to return to work. In collaboration with Health Education England (HEE), Maudsley Learning have developed this to support HEE's existing resources for returners. The specific focus will be on personal skills and wellbeing in this context.

Maudsley Learning have experience of working closely with returners through the delivery of several courses and workshops. As such, our faculty have a good appreciation and awareness of the range of experiences and diverse needs that returners can have when preparing to return to clinical practice. We know there are many reasons why doctors take time away from practice and understand returning can be a daunting prospect. By gaining a better appreciation of the importance of personal skills and wellbeing in this context, and having the opportunity to explore and develop these skills within a peer group of fellow returners, doctors can feel more confident about returning to work.

There will be a strong focus on small-group interactive work with doctors encouraged to share their experiences and reflections with one another. The groups will be led by experienced facilitators. The workshop will be delivered online over one day. The 3 themes covered have been selected as they reflect emerging research on the needs of returners in relation to personal skills and wellbeing:

1. Self-care
2. Identify & personal reflection
3. Group care & relationships

Learning objectives:

After attending the course, the participants will:

- Understand key concepts in relation to personal skills and wellbeing for doctors returning to work
- Understand main needs of returners in terms of personal skills and well-being
- Be supported to use reflective tools to achieve work-life boundaries and balance
- Be supported to use reflective tools to deepen understanding of self-perception, professional identity and goals
- Gain confidence in assertiveness and negotiating challenging conversations they may encounter in the workplace
- Be signposted to other resources to support returners on their journey back to work

Target Audience

Doctors currently out of practice that are planning to return to work.

Location

This course will be taking place digitally via Zoom.

Dates & time

9:00-17:00
31.03.2021, 11.05.2021, 21.06.2021,
01.07.2021, 12.07.2021 OR 19.07.2021

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