

# SuppoRTT Course: Return to Training Course 29<sup>th</sup> and 30<sup>th</sup> of January 2025

## Trust SuppoRTT Champions:

Dr Michelle Hayes (C&W) &  
Dr Anu Sharma (WMUH)

## Audience:

**ANY** resident doctor/ trainees/ clinical fellows who have had time out of clinical training for **ANY** reason.

## Programme:

### Wednesday 29<sup>th</sup> January-

A whole day of addressing non-technical skills, confidence building, communication

### Thursday 30<sup>th</sup> January-

A whole day of simulation, clinical skills and refresher of medical emergencies management

Featuring a **multi-speciality faculty** including Anaesthetics, Medicine, Paediatrics and many more

*"I found it really helpful connecting with people who are in a similar situation to my own and hearing how they manage and cope, which makes me feel optimistic about starting work again. I also found it very helpful incorporating the clinical refreshers and communication/ stress management workshops."*

*"Honestly thank you so much for relieving me of the mental stress surrounding returning to work. With informative workshops and reassurance. Proactive things I can do to align with my values and knowledge about the resources available to me, as well as interactive workshops. I feel like a I can overcome any challenge."*

*The opportunity to have so much dialogue with the other members on the course was invaluable and not something I was expecting to come away with. Michelle and Anu create a very supportive, caring, open environment and this allowed the group to feel in a safe space to be vulnerable and share our experiences, concerns, etc. I also found the simulation day was a great confidence booster. The talk by Louise was excellent and has certainly changed some of the language I will use with my patients and their families.*

## Location:

West Middlesex University Hospital (Education Centre)

To **register**, please email:

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