

# 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

23<sup>rd</sup> September – [Book >>](#)

4<sup>th</sup> November – [Book >>](#)

19<sup>th</sup> 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.



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