



Resiliency training: maximising performance, professional identity and judgement

Monday 26 November 2018

Location: 21 Portland Place, London, W1B 1PY

Organisers: Dr Laura Jackson, Cardiff

The dimensions of resilience; self-control, self-efficacy, confidence, problem solving, learning from difficulties and commitment are recognised qualities that are important in clinical leaders, but how do we develop these and who cares for the carers? Including talks from experts in their fields, along with the past Olympian, sports scientist and coach, Prof Greg Whyte.

09:30	Registration & coffee
10:00	What is Resilience & how can we get it? Aims of the day Dr Laura Jackson, Cardiff
10:30	Success and Happiness: Achieving the impossible? Prof Greg Whyte OBE, Centre for Health and Human Performance
11:30	Fatigue, sleep & the anaesthetist Dr Laura McClelland, Cardiff
12:00	Lunch
13:00	Self care Dr Andrew Tresidder, GP, Somerset
14:00	Strengthening emotional intelligence & resilience in the workforce Drs Isra Hassan & Thomas Kitchen, Cardiff
15:00	Tea & coffee
15:15	Inner calm Dr Andrew Tresidder, GP, Somerset
15:45	Putting it all together – a prescription for health and feedback Dr Laura Jackson, Cardiff
16:00	Close

Learning objectives

- Understand how their own cognitive and emotional behaviours can undermine their resilience, and how to manage this. (*Human Factors and Crew Resource Management, Self Care*).
- Discuss a range of techniques and approaches that can be used to support themselves and others in stressful situations. (*Communication, teamwork and partnership*)
- Develop the ability to communicate effectively, create resilient relationships and improve their leadership by helping colleagues and anaesthetists in training to manage their resilience. (*Communication, teamwork and partnership, Leadership, Self Care, Protecting patients and colleagues*)

This seminar covers the following CPD Codes: 1102 (Team leadership and resource management), 1103 (Human factors in anaesthetic practice) & 3J00 (Other non-clinical).