



**Association  
of Anaesthetists**

# Wellbeing seminar

**Tuesday 20 November 2018**

**Location:** 21 Portland Place, London, W1B 1PY

**Organisers:** Dr Ann Harvey, Truro & Dr Upma Misra, Newcastle Upon Tyne

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|--------------|-----------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>09:00</b> | <b>Registration &amp; coffee</b>                                                                                                                    |
| <b>09:30</b> | <b>Introduction</b>                                                                                                                                 |
| <b>09:35</b> | <b>Wellbeing – a trainee’s perspective</b><br>Dr Lucy Powell, Newcastle Upon Tyne & Dr Karen Stacey, Harrow                                         |
| <b>09:40</b> | <b>Looking after your mental health – is there a problem?</b><br>Dr Jane Marshall, Consultant Psychiatrist, NHS Practitioner Health Programme (PHP) |
| <b>10:10</b> | <b>Planning your retirement</b><br>Mr Phil Bowler, Business Development Manager, BMA                                                                |
| <b>10:30</b> | <b>Tea &amp; coffee</b>                                                                                                                             |
| <b>11:00</b> | <b>The wheel of work/life – how good is your work-life balance?</b><br>Dr Vicky Cleak, Isle of Man                                                  |
| <b>11:30</b> | <b>Burnout and re-energise – how can you re-energise yourself and your work?</b><br>Dr Ann Harvey, Truro                                            |
| <b>12:15</b> | <b>Introduction to the Stop-Start-Keep-Less-More model – what is important to you?</b><br>Dr Vicky Cleak, Isle of Man                               |
| <b>13:00</b> | <b>Lunch</b>                                                                                                                                        |
| <b>13:45</b> | <b>Review and conversation</b>                                                                                                                      |
| <b>14:00</b> | <b>Behaviours, values, conflict and the drama triangle</b><br>Dr Ann Harvey, Truro                                                                  |
| <b>15:00</b> | <b>The way forward – what ideas have you had and what plans have you made?</b><br>Dr Vicky Cleak, Isle of Man                                       |
| <b>15:45</b> | <b>Summary</b>                                                                                                                                      |
| <b>16:00</b> | <b>Depart</b>                                                                                                                                       |