



Resiliency training: Finding joy in work to maximise performance

Thursday 31 October 2019

Location: Chandos House, 2 Queen Anne Street, London, W1G 9LQ

Organisers: Dr Laura Jackson, Swansea

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 Psychiatrist Coach and Founder of 'The Joyful Doctor', Dr Caroline Walker.

09:30	Registration & coffee
10:00	What is resilience and how can we get it? Aims of the day Dr Laura Jackson, Swansea
10:45	Fatigue, sleep and the anaesthetist Dr Laura McClelland, Newport
11:30	How to be a joyful anaesthetist Dr Caroline Walker, Psychiatrist Coach and Founder of 'The Joyful Doctor'
12:30	Lunch
13:15	Self care Dr Andrew Tresidder, GP, Somerset
14:15	Does mindfulness help doctor's wellbeing? Dr Umakant Dave, Consultant Physician and Senior Lecturer, Swansea
15:00	Tea & coffee
15:15	Strengthening emotional intelligence & resilience in the workforce Dr Isra Hassan, London
15:45	Mindfulness, mindset and movement in the workplace Cathy Bailey, BACP Counselor, Yoga Instructor and Founder of Office Om
16:30	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).