



# Association of Anaesthetists

## Mentoring refresher day

**Thursday 17 January 2019**

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

**Organisers:** Dr Robert Self, London & Dr Nancy Redfern, Newcastle upon Tyne

This seminar is aimed at trained mentors as well as Association of Anaesthetists members who would like to find out more about mentoring.

To book, please visit [www.aagbi.org/education/event/3865](http://www.aagbi.org/education/event/3865)

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|--------------|-------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>09:15</b> | <b>Registration, tea &amp; coffee</b>                                                                                                                 |
| <b>09:45</b> | <b>Introduction – A review of mentors experiences and taking the scheme forward</b><br>Dr Robert Self, London & Dr Nancy Redfern, Newcastle upon Tyne |
| <b>10:20</b> | <b>Research findings – wellbeing and mentoring</b><br>Dr Alison Steven, Newcastle upon Tyne                                                           |
| <b>11:20</b> | <b>Tea &amp; coffee</b>                                                                                                                               |
| <b>11:40</b> | <b>Appreciative Inquiry (AI) – Introduction to AI tools and positive psychology</b><br>Suzanne Quinney, Co-director, Appreciating People              |
| <b>13:00</b> | <b>Lunch</b>                                                                                                                                          |
| <b>13:45</b> | <b>Appreciative Inquiry continued – SOAR and how this can be used in mentoring</b><br>Suzanne Quinney, Co-director, Appreciating People               |
| <b>14:15</b> | <b>The Egan model</b><br>Dr Gordon French, Northampton                                                                                                |
| <b>15:00</b> | <b>The Egan model - skills practice</b><br>Dr Gordon French, Northampton                                                                              |
| <b>16:00</b> | <b>Closing comments</b><br>Dr Robert Self, London & Dr Nancy Redfern, Newcastle upon Tyne                                                             |

GMC domains covered:

- Domain 1: Knowledge, skills & performance
- Domain 2: Safety & quality
- Domain 3: Communication, partnership & teamwork
- Domain 4: Maintaining trust

RCoA Matrix areas covered: 3J00, 3J02

Learning objectives:

1. To review research findings on the impact of the Associations' mentoring scheme.
2. To understand the value of Appreciative Inquiry and positive psychology.
3. To refresh knowledge and skills in using Egan's Skilled Helper model.