



Association of Anaesthetists

SAS seminar

Thursday 25 April 2019

Location: 21 Portland Place, London

Organisers: Dr Thomas James, Chair, SAS Committee, Association of Anaesthetists & Dr Nancy Redfern, Immediate Past Honorary Membership Secretary & Board Mentoring Lead, Association of Anaesthetists

Mentoring and CV sessions will run parallel to the main programme throughout the day

- 10:00** **Registration/Tea & coffee**
- 10:20** **Introduction – why are we here?**
Dr Thomas James, Chair, SAS Committee, Association of Anaesthetists
- 10:30** **Mentoring – what is it?**
Dr Nancy Redfern, Immediate Past Honorary Membership Secretary & Board Mentoring Lead, Association of Anaesthetists
- 11:00** **Role models, leadership, job development & appraisal**
Dr Anthea Mowat, former Chair, BMA Representative Body
- 11:45** **Tea & coffee/sign up for mentoring sessions**
- 12:15** **Work life balance/value & respect/making change**
Dr Gordon French, Northampton
- 12:45** **Dilemma break out groups:**
- making change
 - value and respect
- 13:30** **Lunch**
- 14:15** **Wellbeing – ageing/fatigue/burnout**
Dr Nancy Redfern, Immediate Past Honorary Membership Secretary & Board Mentoring Lead, Association of Anaesthetists
- 14:45** **Wellbeing breakout groups:**
- ageing fatigue
 - burnout
- 15:30** **Tea & coffee**
- 15:45** **How SAS works for me**
Dr Manoreet Sihera, Amersham
- 16:00** **Latest updates and developments from SAS**
Dr Thomas James, Chair, SAS Committee, Association of Anaesthetists
- 16:15** **Wash up session: what 1 thing are you going to do differently when you leave here & what 1 thing can we do for you?**
Dr Thomas James, Chair, SAS Committee, Association of Anaesthetists
- 16:30** **Depart**