Programme

Mentoring & CV sessions will be running parallel to the main programme throughout the day

10:00  Registration/Tea & coffee
10:20  Introduction – why are we here?
      Dr Samantha Shinde, Vice President & Board SAS Lead, AAGBI
10:30  Mentoring – what is it?
      Dr Nancy Redfern, Immediate Past Honorary Membership Secretary &
      Board Mentoring Lead, AAGBI & Dr Oliviera Potparic, Chair, SAS
      Committee, AAGBI
11:00  Role models, leadership, job development & appraisal
      Dr Anthea Mowat, Chair, Representative Body, BMA
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, AAGBI
14:45  Wellbeing breakout groups:
      • ageing fatigue
      • burnout
15:30  Tea & coffee
15:45  The SAS role while life takes precedence over my training
      Dr Sabrina Butcher, SAS Committee, AAGBI
16:00  Why I am happy that I got my CESR – was it worth it?
      Dr Derek McLaughlan, Ayr
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 Samantha Shinde, Vice President & SAS Board Lead, AAGBI
16:30  Depart