Wellbeing seminar

Tuesday 20 November 2018
Location: 21 Portland Place, London, W1B 1PY
Organisers: Dr Ann Harvey, Truro & Dr Upma Misra, Newcastle Upon Tyne

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