3 Day Mentoring Course - Birmingham

Thursday 28 February, Friday 29 March and Thursday 2 May 2019
Organisers: Drs Katy Miller, Dr Emma Plunkett, Birmingham, and Dr Nancy Redfern, Newcastle Upon Tyne
Location: The Birmingham Conference and Events Centre

Day 1 – Thursday 28 February 2019

09.00   Registration, Tea and Coffee
09.30   Welcome Introductions & Overview of the Day
10.00   What is Mentoring?
10.50   Tea and Coffee
11.05   Overview & demo of Egan’s ‘Skilled Helper’ Model
11.45   Non-verbal skills
12.00   Active listening - input, demo, skills practice, review
13.00   Lunch
13.40   Story and new perspectives - input, demo, skills practice
15.15   Plenary review
15.30   Tea and Coffee
15.45   Safe & effective practice – working agreements
16.15   Association of Anaesthetists Trainee Committee – what’s needed from the mentors
16.30   Feedback & Close

Facilitators: Emma Plunkett, Anna Costello, Katy Miller, Nish Sandrasegaram, Surrah Leifer, Tei Sheraton

Participants must be able to attend all 3 days of the programme
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Day 2 – Friday 29 March 2019

09.00   Registration, Tea and Coffee
09.20   Welcome, Introduction & Overview of the day
09.30   Stage 2: Introduction
         Brainstorming Skills Practice – group work
10.00   Reminder of stage 1
10.20   Tea and Coffee
10.40   Stage 2: Possibilities and goal setting; input and demo
11.10   Skills Practice: Stage 1 to Goal Setting 1st & 2nd practice
12.45   Lunch
13.30   Skills Practice: Stage 1 to Goal Setting 3rd practice
14.15   Learning Review
14.30   Stage 2: Testing commitment; input, demo & skills practice
15.20   Tea and Coffee
15.40   Learning review including review of ‘reflective practice’ from day 1
16.00   Next steps: local Mentoring Schemes
16.30   Feedback & Close

Facilitators: Emma Plunkett, Anna Costello, Jenny Ferry, Nish Sandrasegaram, Surrah Leifer, Tei Sheraton, Alex Bonner

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Day 3 – Thursday 2 May 2019

09.00  Registration, Tea and Coffee
09.30  Learning Review including review of ‘reflective practice’ from day 2
10.10  Stage 3 Input & demo
10.30  Stage 3 group work in trios
11.00  Coffee available – continue group work!
11.00  Stage 3 group work in trios
12.50  Lunch
13.30  Learning review
14.00  Taking the local scheme forward
14.40  The model in 10 questions – developing as a mentor
15.10  Tea and Coffee
15.35  Safe and effective mentoring – managing endings
16.15  Programme evaluation
16.30  Close

Facilitators: Emma Plunkett, Jo Mackie, Emily Johnston, Jenny Ferry, Nish Sandrasegaram, Tei Sheraton, Alex Bonner

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