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