Wellbeing seminar

Tuesday 11 June 2019  
Location: 21 Portland Place, London, W1B 1PY  
Organiser: Dr Robert Self, London

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>09:00</td>
<td>Registration &amp; coffee</td>
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<tr>
<td>09:20</td>
<td>Introduction</td>
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| 09:30  | What does ‘Wellbeing’ mean for Individual Anaesthetists and Organisations?  
Dr Robert Self, London |
| 10:00  | Practitioner Health Programme (PHP) and Wellbeing in Anaesthetists  
Ms Lucy Warner, Chief Executive, NHS Practitioner Health Programme |
| 10:30  | Tea & coffee                                                |
| 10:45  | Wellbeing – the Clinical Director’s perspective            
Dr Hamish McLure, Leeds |
| 11:30  | ‘If you don’t change direction soon, you’ll end up where you’re going.’  
Dr Gordon French, Northampton |
| 12:30  | Lunch                                                       |
| 13:30  | The BASICS of Resilient Performance & the Baker’s Dozen  
Professor Andy McCann, Manchester |
| 14:15  | Appreciative Inquiry and Wellbeing                        
Dr Emma Plunkett, Birmingham |
| 15:00  | Tea and Coffee                                             |
| 15:15  | Quality Improvement Fellowship                             
Dr Sarah Wintle, London |
| 15:40  | Wellbeing Initiatives for Trainees                         
Dr Karen Stacey, London |
| 16:00  | Disruptive behaviours / Bullying                           
Dr Jamie Strachan & Dr Robert Self, London |
| 16:30  | Discussion & Close                                         |