From Mindfulness to Reflection: how to stay healthy in today's NHS, event for GPs 12 October and 10 November 2016

From Mindfulness to Reflection

How to stay healthy in today's NHS

The programme is aimed at those who face challenges with excessive workload, system changes and expectations from patients, commissioners and the media. It will provide a safe space for sharing concerns and identify needs, and aims to give participants tools and techniques to enable them to move forward and deal with constant changes in general practice and the wider NHS. The aims of the event include:

To create a safe and confidential space where difficulties can be discussed openly
Support GPs to identify and prioritise the stressors in their working life
Provide the GPs with alternative ways of thinking that will help them to manage these stresses in their workplace
Enable GPs to self-reflect, maintain a high level of patient care and look after their own wellbeing, while achieving a better work-life balance

Wednesday 12 October 2016Thursday 10 November 2016You may attend one or both dates 12:30pm - 5:00pm Registration and lunch 12:00pm-12:30pm

Londonwide LMCs,Entrance D,Tavistock House South,Tavistock Square,LondonWC1H 9LG

All GPs

Learning outcomes

 By the end of each workshop you will have acquired the skills to:

Utilise a reflective practice model using practice or personal examples.
Understand your limitations as a practitioner.
Leave with an understanding of our personal responsibility to identify our stresses; avoid those we can and strengthen ourselves to live with those we cannot avoid.
Leave with a mini action plan on how to improve your health and wellbeing at work.

Book your place today

The cost (including VAT) is £50 per delegate for Londonwide practices and £65 per delegate for practices in other areas for one session and £100 per delegate for Londonwide practices and £130 per delegate for practices in other areas for both sessions.