



INCREASING RESILIENCE AND REDUCING STRESS

-

A full day course that:

- Introduces key evidence
- Mixes brief presentations, facilitated discussion, small group work and skills practice
- Is relevant to your own situation
- Increases participants insight
- Leads to personal action planning for improvement

Background

There are multiple pressures facing doctors today and this can lead to problems of stress and burnout.

However, there are also practical steps that can be taken to increase resilience by adapting thoughts and behaviours.

We review what causes stress for doctors and then look in detail at what can increase resilience. We allow time for reflection and discussion so that participants can choose which changes will have the most impact for them.

Improving communication skills is one of the strategies we will explore particularly increasing assertiveness and saying “no”. We will use skills practice to develop these key behaviours.

We allow plenty of time for reflection and discussion so that participants can choose which changes will have most impact for them.

Following the day participants will

Have a greater understanding of what causes stress for doctors
Recognise steps that can increase resilience and reduce stress
Have strategies to challenge thought patterns which increase stress
Be more assertive without being aggressive
Be familiar with a range of actions which can improve time management

The day is supported by a workbook including an action plan.

Date of training: 9.00 – 16.30 on Wednesday 8 February 2017

Venue: Dryden Room, HEE offices, Ruddington, Nottingham NG11 6JS