



Burnout to Brilliance

Date: Wednesday 9 March
RCEM accredited for CPD

08:30 - 09:00	Registration and refreshments
09:00 - 09:30	Introduction
09:30 - 10:30	Workshop 1: Managing stress, anxiety, burnout before during and after a shift Esther Murray, Senior Lecturer in Health Psychology, Barts and The London School of Medicine & Dentistry, Queen Mary University of London Nikki Biggs, Consultant in Emergency Medicine, London
10:30 - 11:30	Workshop 2: Interventions that make ED working teams healthier and the role of team coaching Almuth McDowall, Assistant Dean, Department of Organizational Psychology, Birkbeck University of London Shweta Gidwani, Consultant in Emergency Medicine, Chelsea & Westminster NHS Trust, London
11:30 - 12:00	Refreshment and networking break
12:00 - 13:00	Summary of the morning workshops and talk
13:00 - 14:00	Lunch break

14:00 - 15:00	Workshop: Implementing RCEM well-being resources in your ED Members of the Sustainable Working Practices Committee OR Workshop: Well-being research, QI, innovation, projects brainstorming session Kevin Teoh, Chartered Psychologist and the Programme Director, MSc Organizational Psychology at Birkbeck, University of London
15:00 - 16:00	Summary of the afternoon workshops
16:00 - 16:30	Closing remarks
16:30	Close

CPD certificates

CPD certificates will be sent to those who attended the live session ten working days from the end of the event. Please note, you are required to attend the live event in order to receive your CPD certificate.