

Are you thriving or surviving?

Date: Thursday 5 September
RCEM accredited for 5-CPD points

09:45 - 10:00	Join the virtual event platform
10:00 - 10:45	Is wellbeing really important - the evidence behind it Dr Saurav Bhardwaj
10:45 - 11:30	Back to basics campaign Dr Emma Cox
11:30 - 11:45	Refreshment break
11:45 - 12:30	Mentorship program and training Dr Shama Khan and Dr Alice Monks
12:30 - 13:30	Lunch
13:30 - 14:15	Wellness and work - the viewpoint of a specialist Dr Jo Daniels
14:15 - 15:30	The role of therapists - destressing the workforce Dr Laura Marshall
15:30 - 15:45	Refreshment break
15:45 - 16:45	Mentorship and wellness breakout groups
16:45	Close of day