

Are you thriving or surviving?

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

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| 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 | Caring for doctors, caring for patients Ms Kirsten Baird |
| 11:30 - 11:45 | Refreshment break |
| 11:45 - 12:30 | Back to basics campaign Dr Emma Cox |
| 12:30 - 13:15 | Lunch |
| 13:15 - 14:00 | Wellness and work - the viewpoint of a specialist Dr Jo Daniels |
| 14:00 - 15:00 | Mentorship program and training Dr Shama Khan and Dr Nancy Redfern |
| 15:00 - 15:15 | Refreshment break |
| 15:15 - 16:45 | Mentorship and wellness breakout groups |
| 16:45 | Close of day |