

Are you thriving or surviving?

Date: Thursday 5 September
RCEM accredited for 4-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, The Royal Wolverhampton NHS Trust and RCEM Sustainable Working Practices Committee
10:45 - 11:30	Caring for a workforce under pressure – a new GMC workshop Ms Kirsten Baird, General Medical Council
11:30 - 11:45	Refreshment break
11:45 - 12:30	Back to basics campaign Dr Emma Cox, Homerton University Hospital, London and RCEM Sustainable Working Practices Committee and Mr John Stokes, RCEM Lay Advisory Group
12:30 - 13:15	Lunch
13:15 - 14:00	Wellness and work - recognising and responding to burnout Dr Jo Daniels, University of Bath
14:00 - 15:00	Mentorship program and training Dr Shama Khan, Royal Oldham Hospital and Dr Nancy Redfern, Newcastle Hospitals NHS Foundation Trust
15:00	Close of day