

# Leeds Local Medical Committee Limited

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## Leeds LMC Wellbeing Seminar

Tuesday 31<sup>st</sup> March 2020, 12:00-5.00pm

Venue: The Village North, Headingley, Leeds

### DRAFT AGENDA

- 12.00 - 1.00pm Registration and hot fork buffet
- 1:00-1:25pm Burnout in General Practice – TBC, Dr Mark Purvis, former GP and former Director of Postgraduate General Practice Education for Health Education England.
- 1.25-2.00pm Dr Clare Gerada - GP Health Service - Supporting GPs and Practice Staff
- 2.00-3.00pm Workshops – Round 1

Delegates can choose from the following workshop sessions:

#### Having better conversations

Dr. John Bibby, Wellbeing Lead, YORLMC

Dr Jonathan Dixon, GP & Regional & sub-regional appraiser and appraisal lead

Dr Emily Muirhead HBC facilitator

#### Effective time management

TBC, Facilitator for Effective Professional Interactions (see email from Zoe Neill 2/12)

#### Personal Resilience – Top tips

Dr Rob Hendry Medical Director at Medical Protection Society

- 3.00-3.15pm Break
- 3.15-4.15pm Workshops – Round 2
- Delegates can choose from the workshop sessions listed in Workshops Round 1 (above)
- 4.15-5.00pm Panel session Q and A
- 5pm Close