



## GP Aspire

### Mid-career GP session: *re-connect and refresh*

Wednesday 13<sup>th</sup> November 2019 (with lunch from 1pm)

1.30pm to 4.30pm

#### Start

- Aims & objectives of session
- Introductions

#### Career and life transitions

- Lifelines and career trajectory
- Reviewing personal and natural life transitions
- Transition model and managing change

#### Managing energy and wellbeing

- Managing expectations and realities of work
- Practicalities of wellbeing and happiness
- Learning and listening

#### Review and finish

- Ideas for future development sessions

#### Purpose of workshop

- Support around mid-career issues
- Meet other participants - networking
- Strengthen understanding of transitions and personal change
- Share experience and learning of well-being issues

#### Style of workshop

Interactive, learner focussed with discussion and time for reflection.

#### Facilitator

Alexis Hutson has been coaching and mentoring people for over 10 years and has been running her own independent coaching & mentoring practice since 2009. She works with people all over the UK and is an EMCC (European Mentoring and Coaching Council) member and a qualified Coach Mentor with the Oxford Coach Mentoring School.

Alexis support multiple organisations with their mentoring schemes including Academy of Medical Sciences, Nottingham University, Royal College of Radiologists, Kings College London, Leeds University Teaching Hospitals and the Faculty of Medical Leadership & Management.

More can be seen at: <http://www.alexishutson.com>