



Are you feeling fulfilled in your career?

What's next?

You may already be thinking about making a change, but what and how?

You are invited to a **free** workshop for mid-career GPs

Revive, re-connect and refresh! Mid-career planning workshop

Wednesday 13th November 1.30-4.30pm

Lunch from 1pm

At Derby and Derbyshire LMC Offices Friar Gate, Derby DE1 1NU

Whilst support is often available at the beginning of our careers, opportunities to engage in a process of career reflection ten or more years into the job are less common.

This workshop will give you the opportunity to take some time out with colleagues to explore what you want from the next phase of your GP career and how this fits together with other aspects of your life.

We will also look at ways to manage energy and wellbeing, reflect on some of the reasons for mid-career dissatisfaction and identify workable solutions.

Facilitation will be by Alexis Hutson, who has been coaching and mentoring medical professionals for over 10 years and has been running her own independent coaching & mentoring practice since 2009.

For more information and to register click [here](#).



Royal College of
General Practitioners
VALE OF TRENT FACULTY

**General Practice
Task Force
Derbyshire**



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