



## YORLMC Wellbeing Seminar

Tuesday 15 October, Cedar Court Hotel, Bradford, BD5 8HW

Book your place at: <https://www.yorlmc.co.uk/events>

9.30 – 10 am	<b>Registration and refreshments</b>	
10.00 am	<b>Welcome</b> <i>Dr. John Bibby, YORLMC's Wellbeing Lead</i>	
10.05 – 10.25 am	<b>Burnout in General Practice</b> <i>Dr. Mark Purvis, former GP and former Director of Postgraduate General Practice Education for Health Education England.</i>	
10.25 – 10.40 am	<b>Good doctor, bad patient - my experience of burnout</b> <i>Dr. Aaron Brown, GP Partner in York and VoY Liaison Officer, YORLMC</i>	
10.40 – 11.10 am	<b>Refreshments &amp; exhibitor viewing</b>	
11.10 – 11.45 am	<b>What support is available to GPs and Practice Staff at risk of, or experiencing, burnout?</b> <i>Dr. John Bibby, Wellbeing Lead, YORLMC</i> <i>Jill Rowlinson, The Cameron Fund, The GPs' own charity</i> <i>Dr Sue Elton, GP Health Service Clinical Lead, Yorkshire &amp; Humber Health Service</i>	
11.50 - 1.20 pm	<b>Morning workshops</b>  <i>Delegates can choose from the following workshop sessions:</i>	
	<b>Personal Resilience – Top tips</b>  <i>Fiona Wieland, Clarity Bell Coaching</i>	<b>Mindfulness Based Stress Reduction</b>  <i>Dr. Andrea Baqai, GP and MBSR teacher</i>
1.20 – 2.00 pm	<b>Lunch &amp; exhibitor viewing</b>	
2.00 – 3.30 pm	<b>Afternoon workshops</b>  <i>Delegates can choose from the following workshop sessions:</i>	
	<b>Having better conversations</b>  <i>Dr. John Bibby, Wellbeing Lead, YORLMC</i> <i>Dr. Jonathan Dixon, GP &amp; Regional &amp; sub-regional appraiser and appraisal lead</i>	<b>Effective time management</b>  <i>Dr. Zoe Neill, GP and freelance Trainer for Effective Professional Interactions</i>
3.35 – 4.35 pm	<b>Staying Well in medicine – reflections from a GP-comedian</b> <i>Dr. Ahmed Kazmi, GP and comedian</i>	
4.35 pm	<b>Close</b> <i>Dr. John Bibby, YORLMC's Wellbeing Lead</i>	