

Learning Objectives

This course will introduce you to tools and techniques to help you become more resilient. We will include a range of activities including discussion, pair work and individual skills practice.

The morning will be facilitated by Jo Cullen, who is an 'Adaptive Resilience' practitioner.

Programme

9.00 – 9.25	Registration and coffee
9.25 – 9.30	Welcome and housekeeping
9.30 – 9.45	Introductions, plan and intentions for the day
9.50 – 10.10	What does it mean to be resilient? What do we already do that works? What can we do more of?
10.10 – 10.25	Breathing – optimising heart rate variability
10.25 – 10.40	Accessing positive emotions
10.40 - 11.00	The power of gratitude
11.00 – 11.20	Coffee
11.20 – 12.00	Mental rehearsing and learning usefully from experiences using our strengths
12.00 – 12.20	Sleep, mental health and resilience
12.20 – 12.30	Review of the morning and going forward
12.30	Close

Good Medical Practice Framework:

1.1 Maintain your professional performance

- Participate in professional development and educational activities

Feedback, Course certificates and Reflection on Learning

Please submit your feedback online by following the link in the email you will be sent after the course. Feedback will be collated and shared with educators.

Once you have left your feedback, you will be able to access your course certificate and reflection on learning template for this course.

Your course certificate and reflection on learning can be completed, added to or amended at any time, using your HLP login. You can also download it as a PDF document.

Course documents

Course documents will be added to the website. You will find them next to this course in the programme listing, and also in the library.

All shared documents from recent courses are stored in the library. You can access it at any times and search for documents or topics using key words.

Sponsors

Our sponsors for the morning are Chiesi & Daiichi

We are very grateful to these sponsors for supporting this event. Please do visit their stands during the breaks.

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