



YORLMC Wellbeing Seminars

Tuesday 15 October, Cedar Court Hotel, Bradford, BD5 8HW
and
Thursday 24 October, Pavilions of Harrogate, HG2 8NZ

9.30 – 10am **Registration and refreshments**

Welcome

Dr. Dougy Moederle-Lumb, Chief Executive, YORLMC

Burnout in General Practice

Dr. Mark Purvis, former GP and former Director of Postgraduate General Practice Education for Health Education England.

Good doctor, bad patient - my experience of burnout

Dr. Aaron Brown, GP Partner in York and VoY Liaison Officer, YORLMC

Break

What support is available to GPs and Practice Staff at risk of, or experiencing, burnout?

Dr. John Bibby, Wellbeing Lead, YORLMC

The Cameron Fund, The GPs' own charity

Dr Sue Elton, GP Health Service Clinical Lead, Yorkshire & Humber Health Service

Morning workshops

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

Effective time management (time tbc)

Dr. Zoe Neill, freelance GP and Trainer for Effective Professional Interactions

Lunch

Afternoon workshops

Delegates can choose from the following workshop sessions:

Personal Resilience

Fiona Weiland, Skills Development Network, Yorkshire and Humber

Mindfulness Based Stress Reduction (time tbc)

Dr. Andrea Baqai, GP and MBSR teacher

Laughter is the best medicine

Dr. Ahmed Kazmi, GP and comedian

4.35pm

Close