



YORLMC Wellbeing Seminar

Thursday 24 October, Pavilions of Harrogate, HG2 8NZ

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

9.30 – 10 am	Registration and refreshments			
10.00 am	Welcome <i>Dr. Brian McGregor, YORLMC’s Medical Secretary</i>			
10.05 – 10.25 am	Burnout in General Practice <i>Dr. Mark Purvis, former GP and former Director of Postgraduate General Practice Education for Health Education England.</i>			
10.25 – 10. 40 am	Good doctor, bad patient - my experience of burnout <i>Dr. Aaron Brown, GP Partner in York and VoY Liaison Officer, YORLMC</i>			
10.40 – 11.10 am	Refreshments & exhibitor viewing			
11.10 – 11.45 am	What support is available to GPs and Practice Staff at risk of, or experiencing, burnout? <i>Dr. John Bibby, Wellbeing Lead, YORLMC</i> <i>Dr Gary Calver, The Cameron Fund, The GPs’ own charity</i> <i>Dr Sue Elton, GP Health Service Clinical Lead, Yorkshire & Humber Health Service</i>			
11.50 – 1.20 pm	Morning workshops <i>Delegates can choose from the following workshop sessions:</i> <table><tr><td>Having better conversations <i>Dr. John Bibby, Wellbeing Lead, YORLMC</i> <i>Dr. Jonathan Dixon, GP & Regional & sub-regional appraiser and appraisal lead</i></td><td>Effective time management <i>Dr. Zoe Neill, GP and freelance Trainer for Effective Professional Interactions</i></td></tr></table>		Having better conversations <i>Dr. John Bibby, Wellbeing Lead, YORLMC</i> <i>Dr. Jonathan Dixon, GP & Regional & sub-regional appraiser and appraisal lead</i>	Effective time management <i>Dr. Zoe Neill, GP and freelance Trainer for Effective Professional Interactions</i>
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1.20 – 2.00 pm	Lunch & exhibitor viewing			
2.00 – 3.30 pm	Afternoon workshops <i>Delegates can choose from the following workshop sessions:</i> <table><tr><td>Personal Resilience – Top tips <i>Fiona Wieland, Clarity Bell Coaching</i></td><td>Mindfulness Based Stress Reduction <i>Dr. Andrea Baqai, GP and MBSR teacher</i></td></tr></table>		Personal Resilience – Top tips <i>Fiona Wieland, Clarity Bell Coaching</i>	Mindfulness Based Stress Reduction <i>Dr. Andrea Baqai, GP and MBSR teacher</i>
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3.35 – 4.35 pm	Laughter is the best medicine <i>Dr. Ahmed Kazmi, GP and comedian</i>			
4.35 pm	Close <i>Dr. Brian McGregor, YORLMC’s Medical Secretary</i>			