



**Association
of Anaesthetists**

Wellbeing seminar

Tuesday 11 June 2019

Location: 21 Portland Place, London, W1B 1PY

Organiser: Dr Robert Self, London

- 09:00** **Registration & coffee**
- 09:20** **Introduction**
- 09:30** **What does 'Wellbeing' mean for Individual Anaesthetists and Organisations?**
Dr Robert Self, London
- 10:00** **Practitioner Health Programme (PHP) and Wellbeing in Anaesthetists**
Ms Lucy Warner, Chief Executive, NHS Practitioner Health Programme
- 10:30** **Tea & coffee**
- 10:45** **Wellbeing – the Clinical Director's perspective**
Dr Hamish McLure, Leeds
- 11:30** **'If you don't change direction soon, you'll end up where you're going.'**
Dr Gordon French, Northampton
- 12:30** **Lunch**
- 13:30** **The BASICS of Resilient Performance & the Baker's Dozen**
Professor Andy McCann, Manchester
- 14:15** **Wellbeing Strategies for Individuals**
Dr Emma Plunkett, Birmingham
- 15:00** **Tea and Coffee**
- 15:15** **Quality Improvement Fellowship**
Dr Sarah Wintle, London
- 15:40** **Wellbeing Initiatives for Trainees**
Dr Karen Stacey, London
- 16:00** **Disruptive behaviours / Bullying**
Dr Jamie Strachan & Dr Robert Self, London
- 16:30** **Discussion & Close**