

Will deliver the following course as detailed below:

Personal Resilience Within the NHS

Date: 14th January 2020
Location: Postgraduate Centre, LGI
CPD Points: 6
Times: 9:00am-5:00pm
Facilitator: Alec Fitzsimons



Burnout is a type of psychological stress. Occupational burnout or job burnout is characterized by exhaustion, lack of enthusiasm and motivation, feelings of ineffectiveness, and also may have the dimension of frustration or cynicism, and as a result reduced efficiency within the work-place. This workshop looks at the symptoms of burnout and explores some resilience strategies to deal with it in a pro-active way. Practical and interactive, this workshop allows delegates to discuss in an open and friendly environment some of their own feelings with like-minded colleagues, and find individual ways to deal with burnout.

Measurable Aims: At the end of this programme, the delegate can:

- Name 4 reasons why worrying is counter-productive
- List 5 signs of burnout and explain each one
- Explain 2 differences between stress and burnout
- Define and show understanding of 6 ways to deal with burnout
- Explain 5 methods to have a work / Life balance

The Programme Includes:

- Module 1: What is burnout?
- Module 2: Signs of burnout
- Module 3: Strategies for dealing with burnout for patients and doctors