

# **The Workplace and Me**

## **Resilience and Wellbeing**



**Are you interested in education?**

**Are you interested in staff wellbeing?**

**Do you want to support junior colleagues?**

### **Get involved in teaching sessions for FY Doctors**

The Workplace and Me is a one day mandatory training session for FY2 doctors which incorporates resilience and wellbeing (half day). We are looking for interested individuals to be involved in the delivery of this teaching. The sessions are held in locations across Yorkshire and the Humber. **Train the trainers sessions** are available on the following dates (or on a mutually convenient date):

**24 / 27 September 2018**

**8 / 11 / 12 October 2018**

**15 / 18 / 19 October 2018**

**2 / 19 / 26 November (in Leeds only)**

**To find out more or to get involved please email**

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