

Improving Wellbeing – Helping You Develop Trainee Resilience

Clinicians tend to be highly resilient and we cope well most of the time, but research identifies doctors and nurses are high-risk groups for stress-related harm and as the pressures they are facing are increasing.

Everyone is resilient to varying degrees, yet everyone can become even more resilient. This workshop explores resilience as a concept, but also shares practical ways that leaders can build resilience in themselves and others.

Learning objectives:

By the end of the one-day workshop, delegates will be able to:

- Identify what resilience is and key factors in the workplace that undermine it in their colleagues
- Explore and prioritize effective ways of managing patterns of behaviour
- Develop strategies to manage negative emotions in others
- Actively encourage resilience strategies in the face of adversity

Outline Programme:

Pre-workshop questionnaire

Understanding Resilience

- What it is and the components
- Resilience risk and protective factors
- The link with perception

Tips and Tools to support resilience in trainees

- Exercise on BMJ FY2 quotes
- Practical approaches
- Personality and resilience
- Situational beliefs/switching perspectives
- Reflective conversation: exercise using CS/ES scenarios
- Generating learned optimism
- The role of leaders in promoting resilience
- Collaborative conflict resolution model



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7 guided learning hours
7 CPD points