

Regional Anaesthetics ‘Survive and Thrive’ Day

Friday 14th June 2019, Postgraduate Medical Centre, John Radcliffe Hospital

1	Welcome and Introduction	09:00	SM/HV
2	Asking for Help	09:15	RS
3	Vulnerability as strength	09:45	AM
	Break	10:30	
4	Know thyself	10:45	JG
	LUNCH (45 minutes)	12:15	-
5	Practical Strategies (Lisa Palmer and Rachel Manser, OCTC)	13:00	LP/RM
	BREAK (15 minutes)		-
6	Practical Strategies (Lisa Palmer and Rachel Manser, OCTC)		LP/RM
7	Closing remarks	15:45	SM/HV

Morning sessions: Know thyself and what can trigger stress

Introduction and Welcome – Dr Sara McDouall, College Tutor and Dr Haido Vlachos, Associate Dean for Professional Support

Asking for Help – Dr Richard Stevens, Associate Director of PSU
Group Activity – why/when/permission to ask for help; Signposting.

Vulnerability as Strength: Dr Abigail Macleod, RBH

Know Thyself – Jenny Gavriel, PSU Coach

Using the Myers Briggs Framework to understand personal preferences and how these relate to your work environment. Exploring positive psychological principles to identify possible strategies to improve well-being.

- MBTI introduction
- VIA – identifying individual strengths

Afternoon Session:

How to survive and thrive using CBT principles and techniques in a challenging environment – Rachel Manser and Lisa Palmer, Oxford Cognitive Therapy Centre

Experiential workshop introducing participants to ways of understanding themselves using a CBT model. The workshop will aim to give experiences of learning to recognise and work differently with unhelpful ways of thinking and coping in challenging situations.