

School of Histopathology 'Survive and Thrive' Day

Date: 13/02/2020

Venue: Seminar Room, Nuffield Department of Clinical & Laboratory Sciences, Level 4, JR2

1	Welcome and Introduction	09:00	LW/HV
2	Asking for Help	09:15	RS
3	Know Thyself	09:45	JG
	Break	11:15	
4	Vulnerability as Strength	11:30	HV
	LUNCH (45 minutes)	12:15	-
5	Practical Strategies (Rachel Manser, OCTC)	13:00	LP
	BREAK (15 minutes)		-
6	Practical Strategies (Rachel Manser, OCTC)		LP
7	Closing remarks	15:45	AC/HV

Morning session: Know thyself and what can trigger stress

Introduction and Welcome – Dr Lucie Winter, Training Programme Director and Dr Haido Vlachos, Associate Dean for Professional Support.

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

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.

- Myers Briggs Type Indicator (MBTI) An introduction
- Positive psychology - how knowing your strengths can improve your mindset.
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Vulnerability as Strength: Dr Haido Vlachos

Afternoon Session:

How to survive and thrive using CBT principles and techniques in a challenging environment -

Lisa Palmer, Consultant Cognitive Behavioural Psychotherapist, 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.