

Virtual Support Forum for Doctors



This facilitated virtual meetup offers a confidential and safe space where postgraduate doctors can share ideas, questions and insights, learn from each other and from the course facilitators, and generally explore effective approaches for preparing for challenging transitions, managing change, and finding balance.

New virtual support forum for postgraduate doctors

- The Professional Support Unit is pleased to announce the launch of a virtual support forum for doctors in training. This on-line meetup space is designed to help individuals shape their future and find balance as they prepare for their next transition or new role.
- **Is this for me?** If you are at a significant transition point and recognise the value of generating strategies to strike a better, more sustainable balance between the personal and professional aspects of your life, then this is for you.

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Expected outcomes

- Relief in discovering that “I am not the only one” experiencing a life that’s ‘out-of-balance’!
- Benefit from a safe and confidential space to ‘offload’, be heard, and feel supported without feeling judged
- Learn from each other (eg effective strategies for dealing with specific issues)
- Knowledge, information and resources, including other services for support
- Enhanced confidence, assertiveness, decisiveness
- Greater sense of agency and ownership in how to manage transitions and find balance.

Format and Frequency

- This is a series of 4 monthly evening online meetups with 2 facilitators (Kathleen Sullivan & Jude Tavanayar, Senior Coaches). The sessions take place on:
 - Wednesday 26th September 2018
 - Wednesday 17th October 2018
 - Wednesday 14th November 2018
 - Wednesday 5th December 2018
- We will be using the WebEx Training Centre platform. You will be able to login either from your desktop or laptop computer. Please note that logging in from a mobile or Ipad/tablet device may pose some technical problems, so will need to be avoided for these sessions.
- 7pm to 8.30pm (90 minutes per session)
- Closed group working together over 4 sessions
- Up to 15 participants per series
- Virtual ‘breakout rooms’ to allow for duo/trio/small group work

To support your learning and engagement with the group generally, you will receive a set of annotated slides for reference following each session.

How to access

For further information and registration please [click here](#).

If you have any questions or wish to speak with one of the facilitators before registering, please contact: Kathleen Sullivan at Kathleen.Sullivan@hee.nhs.uk to arrange a time to speak.

“This has been really helpful - very insightful”

“Thank you for the positive and enlightening sessions. It has been a beneficial and enjoyable experience”

Information on other courses and events

Please visit the PSU events and conference page by [clicking here](#)

Email: careersunit.lase@hee.nhs.uk