

# SURVIVE AND THRIVE: FOR GENERAL PRACTITIONERS & GP TRAINEES

Dr Gerada invites you to join us for a day where we can think, feel and learn together how to thrive and survive at work

On January 23<sup>rd</sup> we will be gathering at the South of England Event Centre to explore the potential benefits of reflective group work. The day will be split into two parts. First we will look at what we can do for ourselves to maintain our well being throughout our career as doctors and people. We will learn from the experts on how to use groups to reflect on ourselves, our lives, our role within teams and our relationships with colleagues and patients.

Embedded into the day will be on-going action research to develop a day to support GPs create a practice that will help them to survive and thrive as doctors in the NHS.

Limited spaces, book early for £30\* to be involved in this exciting day!

Contact us at GP Health: 02030494505

\*Please let us know if finances will prevent you from attending.