BMA wellbeing day:
Tools for maintaining wellbeing throughout your career
Friday 8 November 2019
BMA House, London

PROGRAMME

9.30 – 9.45am  REGISTRATION AND REFRESHMENTS

9.45 – 10.25am  Connect: welcome and introduction
    Dr Chaand Nagpaul, BMA Council chair

10.25 – 10.30am  Move to first session

10.30 – 11.30am  Session 1
   Attendees will participate in each of the following activities once, in rotation, throughout the day:

   Be active: Pilates
   Sally Checkley, Grad Dip Phys, PG Dip Sports Injuries, MCSP, Member of HPC
   Sally will introduce participants to Pilates, with exercises including postural awareness, breathing control, and learning how to recognise and relax tense areas.

   Keep learning: Therapeutic and reflective writing
   Anne Taylor, Professional Writing Academy course director
   Anne will introduce participants to the value of writing for wellbeing and provide a tool box for using expressive writing and journal writing in reflective practice and self-care.

   Give to others: Doctors supporting doctors
   Dr Joanna North, Joanna North Associates Ltd, psychotherapist and chartered psychologist and Dr Sara Riley, Londonwide LMCs medical director
   An interactive session where participants will explore through discussion, role play and using specific models of thinking how doctors as patients and doctors treating doctors can support each other for the best outcome.

   Be mindful: Practicing mindfulness
   Bojana Connor, Focused Mind/SoftPsychology, mindfulness teacher, PTP Accredited MBSR/MBCT
   The ‘Be Mindful’ session has been specifically designed with medical professionals in mind and built around examples of your common daily-life challenges. It covers the critical teachings and practical exercises from the MBSR/MBCT programme in a time frame that fits around busy schedules.

11.30 – 11.45am  REFRESHMENT BREAK

11.45am – 12.45pm  Session 2

12.45 – 1.30pm  LUNCH

1.30 – 2pm  Connect: why this is important
   Amandip Sidhu, Doctors in Distress CEO and founder

2 – 3pm  Session 3

3 – 3.10pm  REFRESHMENT BREAK

3.10 – 4.10pm  Session 4

4.15 – 4.30pm  Connect: closing remarks
   Tom Rapanakis, BMA head of wellbeing support services