

**Eastern Division Event:
'Development Opportunities
Midway Through Consultant Career'
Thursday 29 Sep 2022 | 10:30 – 16:20
Online via Zoom**

10:00 – 10:30	Virtual Room Opens
10:30 – 11:00	Introduction Dr Kallur Suresh , Chair of the Eastern Division Consultant Psychiatrist and Deputy Medical Director, EPUT
11:00 – 11:45	Staying Motivated in your job and managing burnout Dr Sarah Maxwell Norfolk and Suffolk NHS Foundation Trust
11:45 - 11:55	Coffee Break
11:55 – 12:40	'How to use job planning and appraisals to effectively to get better job satisfaction' Dr Louisa Mann , Consultant Psychiatrist, CPFT
12:40 – 13:20	Lunch Break
13:20 – 13:55	Dealing with difficult issues at work Dr Kallur Suresh , Consultant Psychiatrist and Deputy Medical Director Essex Partnership University NHS Foundation Trust
13:55 – 14:25	Facilitated breakout session
14:25 – 14:35	Comfort Break
14:35 – 15:20	How to build your Leadership Portfolio Dr Helen Crimlisk , Deputy Medical Director, Sheffield Health and Social Care NHS Foundation Trust. Psychiatry Lead, Sheffield Medical School, Associate Registrar, Leadership & Management, Royal College of Psychiatrists
15:20 – 16:05	How to build your Research Portfolio Prof Zuzana Walker , Professor of Psychiatry UCL
16:05	Feedback & Close

The Conference Committee reserves the right to change the programme without prior notice

CPD **4**
credits
Subject to peer
group approval