

## South Eastern & London Divisional StayWell Event

10 November | 09:15 – 17:00

Online Webinar

<b>09:00 – 09:15</b>	<b>Registration</b>
<b>09:15– 09:20</b>	<b>Welcome and introductions</b> <i>Dr Raj Attavar - South Eastern Division Event Lead (Mentoring Lead for SE Division)</i>
<b>09:20 – 10:00</b>	<b>Life as a Psychiatrist – the highs and the lows</b> <i>Professor Femi Oyebode</i>
<b>10:00 – 10:40</b>	<b>Intersectionality and Medicine – No-one is Just One Thing</b> <i>Dr Kuljit Bhogal</i>
<b>10:40 – 11:25</b>	<b>Wellbeing through sport (without breaking sweat)</b> <i>Dr Anna Conway-Morris</i> <b>Wellbeing through sport (Exercise and well-being - my journey)</b> <i>Dr Jo Farrow</i>
<b>11:25 – 11:40</b>	<b>Morning Break</b>
<b>11:40</b>	<b>Chair of the 2<sup>nd</sup> Session</b> <i>Dr Mike Groves – South Eastern Division Event Lead (SAS Lead for SE Division)</i>
<b>11:40 – 12:00</b>	<b>Wellbeing and support from RCPsych</b> <i>Dr Mihaela Bucur</i>
<b>12:00 – 12:40</b>	<b>The national Enjoying Work Collaborative: Using a quality improvement approach to enhance staff wellbeing and increase joy in work</b> <i>Emily Cannon RCPsych</i>
<b>12:40 – 13:20</b>	<b>Lunch</b>
<b>13:20</b>	<b>Chair of the 3<sup>rd</sup> Session</b> <i>Dr Emmeline LagunesCordoba – London Division Event Lead (SAS Lead for London Division)</i>
<b>13:20– 14:00</b>	<b>Managing team conflict and team dynamics to improve mental and physical wellbeing for established Psychiatrists</b> <i>Professor Ananta Dave</i>
<b>14:00 – 14:40</b>	<b>Coping with serious incidents and suicide as a Psychiatrist</b> <i>Dr Rachel Gibbons</i>
<b>14:40 – 14:55</b>	<b>Afternoon Break</b>

<b>14:55– 15:35</b>	<b>When things go wrong: The GMC complaints process</b> <i>Ian Wilson – Regional Liaison Adviser, GMC</i>
<b>15:35 – 17:00</b>	<b>Time management and avoiding burnout</b> <i>Dr Katya Miles - The joyful doctor</i>
<b>17:00</b>	<b>Close</b> <i>Dr Mike Groves</i>

*The Conference Committee reserves the right to change the programme without prior notice. A maximum of 6 CPD points can be allocated for attending this event pending peer group approval*

