

RCPsych SAS Committee

Startwell and Staywell Conference 2024

Thursday 25th January

1st Floor, 21 Prescot Street, London

Time	Event
9.00 - 9.30	Registration
9.30 - 9.50	Welcome- Dr Lily Read, Chair of RCPsych SAS Committee
9.50 - 1030	Dr Rachel Gibbons – The benefit of building networks and accessing support in good and bad times
1030 - 1100	Break
1100 - 1140	Dr Fabida Aria- A Medical Director’s view of the Learn and Lead elements of the Startwell and Staywell Framework
1140 - 1200	Dr Jeya Balakrishna – The Importance of Coaching and Mentoring
1200 - 1220	Dr Ananta Dave – Wellbeing
1220 - 1320	Lunch
1320 - 1400	Dr Rajesh Mohan – Equity and Equality
1410 - 1500	Dr Russell Razzaque – Mindfulness & Staying well
1500 - 1550	Panel Discussion
1550 - 1630	Dr Trudi Seneviratne, RCPsych Registrar - Keynote
1630 - 1655	Coffee, Networking and evaluation
1655 - 1710	Closing remarks - Dr Mike Groves, Vice Chair of RCPsych SAS Committee