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One day workshop exploring soft skills which aid a competitive edge to equip you to succeed

(Modified version of THE ADVANTAGE WORKSHOP)

Bevan Room, 2-4 Victoria House, Capital Park, Fulbourn, Cambridge, CB21 5XB

Monday 25th September 2017

0930 am – 5.00 pm

The School of Anaesthesia is supporting a one day workshop which will be focused on building awareness of the following skills:

**Adaptability, Optimism, Being Proactive, Resilience**

The workshop will be delivered by Emma-Sue Prince and Nicola Alford who have considerable experience in providing this form of training. The objective is to:

* Raise awareness of the above skills
* Begin a personal development programme which focuses on the whole person and enhances existing skills training.

Delegates are strongly recommended (although not mandatory) to purchase ahead, the book ‘The Advantage’, written by Emma-Sue Prince, (see above) which is available from Amazon.

This course is open to trainees at all levels but strictly limited to a total of 30 delegates.

To register, please contact Tracey Cadenhead [tracey.cadenhead@qehkl.nhs.uk](mailto:tracey.cadenhead@qehkl.nhs.uk)

A deposit of £20 will be required and will be returned upon completion of the day. Cash / cheques should be made out to ‘Queen Elizabeth Hospital King’s Lynn NHS Foundation Trust’ and sent to: Tracey Cadenhead, Anaesthetic Department, Queen Elizabeth Hospital, Gayton Road, King’s Lynn, Norfolk, PE30 4ET.