



The Art of Resilience and Managing Through Difficult Times – Live Webinar

3 external CPD points

We are working with Health Education England, East of England to provide this webinar, and this course is open to all SAS and LED doctors from the region.

This digital session will explore:

- Resilience as a process; from recognition to reset to response.
- The science behind The Key Human Performance Indicators (KHPIs)
- Techniques and tools to help with sleep, mindset, nutrition, exercise, organisation, & relationships
- The creation of a personal performance contract

Course structure:

- **2.5 hour live webinar**
- **Date: 28th of July**
- **Timings: 2pm – 4.30pm**

To book click the link below:

<https://www.eventbrite.com/e/the-art-of-resilience-and-managing-through-difficult-times-live-webinar-tickets-109280406638>

Pre-work

- As a wake up call to the topic each participant will be given the chance to complete an online ‘Energy Profiler’

Attendees will leave with greater knowledge on:

- The skill and process of resilience
- Critical factors that influence health, wellbeing, resilience and performance
- How to take control of their lives, both at and away from work, in difficult times

To book please click here: <https://www.eventbrite.com/e/the-art-of-resilience-and-managing-through-difficult-times-live-webinar-tickets-109280406638>