



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 ONLY from this region.

Introduction

This 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 and relationships
- The creation of a personal performance contract

Course Structure

- **2.5 hour webinar**
- **Date: 4th November 2021 – Timings: 10:00am – 12:30**
- **Please use the Eventbrite link to book onto this webinar**
- **<https://www.eventbrite.co.uk/e/the-art-of-resilience-webinar-tickets-167316428943>**

Webinar Objectives

- 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

Feedback from Previous Session

‘Very engaging facilitator Highly interactive session’

‘Very useful topics discussed and signposted’

‘Thank you so much, great session’

To book onto this programme please use the eventbrite link, for technical queries please contact:

e: info@miadhealthcare.com