

Spring Symposium Event Handbook

Wednesday 29 April 2026



Contents

Information for Delegates	page	3
Programme	page	4
Morning Keynote	page	5
Workshop Slot 1	page	6 - 9
Workshop Slot 2	page	10 - 15
Fellows Showcase	page	16
Workshop Slot 3	page	17 - 19
Senior Leadership Team Update and Q&A	page	20
NHS England Team Contact List	page	21 - 22

Information for Delegates

Welcome and thank you for attending the virtual NHS England East of England Spring Symposium. The theme of this year's event is **Ethics, Empowerment and Excellence – Professionalism in Medical Education**'.

Within this handbook you will find the full programme for the day, alongside biographies and synopses from our facilitators and their sessions.

Key Information

Joining Links

All sessions are taking place virtually via MS Teams. You will receive a separate email with a joining link for each session you have booked onto, **the day before the event**. Please note that you will receive one email per session, so please keep these safe and ready for the day.

Feedback and Certificates

To help us continually improve the organisation and planning of these events, it is important we gain your feedback from the day. After the event, you will be emailed a link to complete a feedback survey. A certificate of attendance will be emailed to you upon completion of this feedback survey.

We have worked hard to put together what we feel will be a great event and we hope you have an enjoyable and informative day!

Programme

Time	Title of Session	Facilitator
09:00 – 09:10	Welcome	Andrew Wright
09:10 – 10:15	Keynote: The future of Postgraduate Medical Education: Balancing patient need with Resident Doctor Expectations	Geoff Smith
10:15 – 10:30	Break	
Workshops 1 10:30 – 11:45	Enhance Enable: The Three Shifts	Brendon O'Leary Ashley Byford
	Ethics, Empowerment and Excellence: A Transformative Approach to Simulation	Ratna Makker Collete Laws-Chapman
	Embracing neurodivergence - how educators can support resident doctors to thrive	Hannah Hill
	Locally Employed doctors- Challenges and support	Anamika Agrawal
	Trainees in difficulty - PSW	Nithya Visawanath Abigail Taylor
	Preparing GP Residents for the SCA exam	Bec Cummins-Lagden
11:45 – 12:00	Break	
Workshops 2 12:00 – 13:15	Speaking Up, Standing Together: Sexual Safety and Inclusive Professionalism in Medicine	Malini Prasad Inna Vardi-Flynn
	How to run a live teaching event on PGVLE	Sohal Samad Joe Pease
	Inter-Professional Education	Amy Wong
	Supporting Leadership Training within the region	Heman Pathmanandam Roshni Goodka Ikechukwu Okongwu
	LTFT and Flexible Training	Abi Taylor
	Update from the Quality Teams (Hospital and GP)	Nisha Nathwani Jonathan Rouse Tracy Wray Anna Hilton Chris O'Loughlin
	CAT Calibration	Emma Brandon Olufunmilayo Adewale
13:15 – 14:00	Lunch	
14:00 – 15:00	Fellows Showcase	EoE Fellows
Workshops 3 15:00 – 16:15	AI and Leadership	Susie Edwards
	Building and Engaging a Trainee Faculty	Lizzie Soyode
	Teaching and training in a Kind and Civil Culture...Revisited	Ashley Reece
	Trainees in Difficulty - PSW	Francesca Crawley
	Imposter Syndrome (GP Workshop)	Nishma Manek
16:15 – 16:30	Break	
16:30 – 17:00	Senior Leadership Team Update and Q&A Session	Senior Leadership Team

Welcome and Keynote Presentation, 09:00 – 10:15

The future of Postgraduate Medical Education: Balancing patient need with Resident Doctor Expectations

Geoff Smith

The Medical Education and Training Review phase 1 report was published in October 2025. Phase 2 aims to identify solutions and future models of training for doctors, recognising the need to balance patient, health and care needs against the expectation of Resident Doctor. The session will focus on what we have heard, what the challenges are and discuss options for the future

Dr Geoff Smith trained as a Gastroenterologist and general Physician in London and was a Consultant at Imperial College Healthcare prior to being appointed as the Regional Postgraduate Dean for the South West. He has held roles as Clinical Lead for Gastroenterology, Associate Medical Director for Professional Standards, JAG Endoscopy Training Lead and Specialty Certificate Exam Board chair. In 2025 he was appointed as Medical Director for Education Reform at NHS England, leading on Undergraduate Medicine, Foundation and the reform of postgraduate medical training.

Workshop Slot 1, 10:30 – 11:45

Enhance Enable: The Three Shifts

Brendon O’Leary and Ashley Byford

The Enhance curriculum aligns strongly with the NHS Three Shifts: from Hospital to Community, from Analogue to Digital, and from Cure to Prevention. Drawing on nearly four years of delivery, this session will present emerging evidence of Enhance’s impact on learners, alongside its contribution to retaining doctors within the region. We will show how the programme has already made a meaningful difference for early-career professionals at Foundation level, and explore how its principles can also support teaching and workforce development for more experienced learners, particularly those around 3–5 years after qualification. By offering a shared curriculum with relevance across professional groups, Enhance provides a practical educational framework that clinicians can apply within their own specialist and multiprofessional contexts.

Dr Brendon O’Leary was appointed Head of School of the Enhance Programme in December 2022. He also works as a GP and GP Trainer, and as an Associate Dean supporting Faculty and Fellowship work in the School of Primary Care in East of England. He has interests in developing the technology of education, multiprofessional training and in educator training. He was awarded Fellowship of the Royal College of GPs in 2018 for his work in quality assurance of training posts and in supporting GPST doctors through difficulties. He believes that multidisciplinary teams rooted in Generalism skills are the best way to create long term positive changes for patients. He lives in Cambridge with his family. Brendon may be caught absent-mindedly humming the tunes to children’s television shows when he forgets he’s still at work.

Ashley Byford has a portfolio career working across the NHS in various guises since 2009. In 2017, she qualified as a speech and language therapist and undertook clinical roles consolidating her expertise. This gave her a unique insight into working across the system, covering both acute and community aspects concurrently. Passionate to explore how to advocate for person centred care in a new landscape, and a keen advocate of healthcare education, collaboration and innovation, she looked for opportunities to take this forward. Enhance stood out as the perfect opportunity supporting a multiprofessional and expansive drive towards long-term positive change. Ashley has been supporting this exciting programme since 2022, where she worked as a project officer, before becoming the Enhance Senior Manager in August 2024.

Ethics, Empowerment and Excellence: A Transformative Approach to Simulation

Colette Laws-Chapman

This session explores the principles of ethics, empowerment, and excellence within the context of transformative simulation. It examines how simulation can move beyond traditional educational applications to become a powerful tool for system improvement, patient safety, and cultural change.

Participants will consider the ethical dimensions of simulation practice, including psychological safety and the responsible use of simulated experiences. The session also highlights how simulation can empower healthcare professionals, fostering reflective practice, shared learning, and improved team dynamics.

In addition, we will explore how to make informed decisions when selecting the most appropriate type of simulation for specific objectives, particularly when simulation is used outside formal education settings. This includes an overview of different simulation modalities and a discussion of debriefing models that support meaningful learning and transformation in clinical and organisational contexts.

By the end of the session, participants will be better equipped to apply simulation strategically and ethically to drive excellence in practice and patient care.

Colette Laws-Chapman is a Lead Nurse for Non-Medical and Patient Safety Simulation, Guy's and St Thomas' NHS Foundation Trust

Embracing neurodivergence - how educators can support resident doctors to thrive

Hannah Hill

This workshop will guide you through the SPACE framework for supporting autistic and otherwise neurodivergent resident doctors to thrive. Presented with the essential benefit of lived experience, with practical tips and opportunities for questions.

Dr Hannah Hill graduated from King's College London GKT School of Medicine in 2003 and has been a GP Partner in a Deep End practice in Luton since 2013.

Her current portfolio also includes being a GP Tutor for Buckingham School of Medicine, GP Appraiser for NHS East of England, and she delivers workshops on Art & Empathy and e-resources as part of an enhanced induction programme for IMG resident doctors. She also sits on the primary care prescribing committees for Luton and BLMK.

She was widowed by suicide in 2018 and subsequently her child was diagnosed Autistic and ADHD. These experiences led to her own late identification as AuDHD, which has transformed her approach to life and work. She is the GP Lead for Autistic Doctors International and volunteers for a charity supporting neurodivergent children and young people. She firmly believes that being neurodivergent is a difference, not a disorder, and that autistic clinicians are a vital asset to healthcare teams.

When not working, she can be found walking her dog in the Hertfordshire countryside or crocheting under a weighted blanket.

LED Workshop

Anamika Agrawal

This workshop will look at some of the challenges faced by locally employed doctors and how we can support as educators. We will also see what is done at national, regional and local level. Examples of good practice will be shared.

Dr Anamika Agrawal is an Anaesthetic Consultant at Luton and Dunstable Hospital, with extensive experience in both undergraduate and postgraduate medical education. Anamika is the Training Programme Director for Locally Employed Doctors in the East of England and serves as Undergraduate Lead for UCL medical students in Luton. Anamika is currently completing a master's in medical education, with research focusing on the lived experiences of International Medical Graduates in LED and SAS roles.

PSW: Trainees in Difficulty

Nithya Viswanath and Abigail Taylor

This workshop aims to help educators identify a trainee with differing needs and support them in clinical practice. Participants will gain valuable insights into the supportive services offered by PSW, aimed at fostering the well-being and training progression of both trainees and educators. It is an opportunity to enhance awareness of available resources and to discuss practical support strategies for thriving in a challenging educational environment.

Dr Nithya Viswanath serves as a Training Programme Director for Southend and holds the position of Clinical Case Manager at PSW. She is interested in mentoring and coaching healthcare professionals across Mid and South Essex and is recognised as an accredited coach and mentor in the MSE region. With extensive experience as a general practitioner, Nithya focuses on medical education, safeguarding, and women's health. Additionally, Dr. Viswanath is a professional member of the NICE guidance committee, contributing to the development of guidelines for managing violence and aggression.

Dr Abigail Taylor is a GP Associate Dean and has been a PSW Clinical Case Manager since 2021. She is an accredited 'Resilient Leadership' consultant coach and has been involved in medical education in the region for several years as a trainer and TPD for the Cambridge and Bedford schemes. She now works clinically as a retainer GP in Bedford, is a GP appraiser and leads on GP Digital Learning, GP recruitment, and Supporting Flexibility in Training (LTFT/OOP) in her Associate Dean role.

Exam Support (GP Workshop)

Bec Cummins-Lagden

This workshop will focus on how to best prepare our GP residents for the SCA exam and include tips on 'How to Run an SCA Tutorial'. It will be a mixture of information giving about resources and brainstorming.

It is aimed at new Trainers, more experienced Trainers and SOX educators alike. We will cover use of the Northwest toolkit/SCA RAG rating for focused observation of Trainee consultations and the delivery of effective feedback to promote Trainee Consultation Skills development. By the end of the session, you should leave with a better understanding of how to identify the learning needs and individualise support for your own registrars, while being reassured that you have convincingly helped them in their exam prep.

Dr Bec Cummins-Lagden is interim Associate Dean for the GP School for Suffolk and North East Essex (SNEE), Workforce AD for SNEE, Exam Support TPD for SNEE and a Scheme TPD for the Bury St Edmunds GP Specialty Training Programme, having completed her GP training some years before on the Bury Scheme. She has worked in Medical Education (GP Training) since 2019 and been a GP Trainer for over 15 years. In addition, Bec is a Salaried GP in Botesdale, Suffolk, and lives with her family in Botesdale also.

Workshop Slot 2, 12:00 – 13:15

Speaking Up, Standing Together: Sexual Safety and Inclusive Professionalism in Medicine

Malini Prasad and Inna Vardi-Flynn

This interactive workshop explores the critical role of sexual safety within the broader framework of inclusive professionalism in medical education. Grounded in the principles of equity, diversity, and inclusion (EDI), it will examine how power dynamics, cultural norms, and systemic barriers can shape experiences of safety, belonging, and professional identity for learners and educators alike.

Participants will engage with real-world scenarios to identify behaviours that undermine sexual safety and professionalism and consider how these may disproportionately impact individuals from marginalised groups. Through facilitated discussion the session will create space to explore the challenges of speaking up, allyship, and bystander intervention in hierarchical clinical and academic environments.

The workshop will move beyond awareness to action, equipping participants with practical strategies to foster psychologically safe and respectful learning spaces. Attendees will leave with tools to support reporting, respond effectively to concerns, and champion a culture of accountability and inclusion—where professionalism is not only upheld, but actively co-created.

This session is designed for educators, clinicians, and learners committed to advancing ethical practice, empowerment, and excellence in medical education.

Dr Malini Prasad is a Consultant Gynaecologist at the West Suffolk Hospital and the Associate Dean for EDI.

Dr Inna Vardi-Flynn is a GP and TPD for EDI with a focus on Educator development.

How to run a live teaching event on PGVLE

Sohel Samad and Joe Pease

This session will demonstrate the process of creating and running a live session on the PGVLE and how to then upload certificates, feedback and the recorded sessions on the PGVLE.

Dr Sohel Samad is the Associate Dean for Blended Learning and a consultant Anaesthetist at the Lister Hospital. For the last two years he has been helping to roll out the new PGVLE platform across the East of England. He has been part of the blended learning team in EOE for the last 6 years.

Dr Joe Pease is an ST7 anaesthetic registrar at the Norfolk and Norwich with special interests in Vascular and Thoracic anaesthesia. He is also a Senior Blended Learning fellow after undertaking a Blended Learning Fellowship in the East of England. He's developed the course templates for the Postgraduate Virtual Learning Environment (PGVLE) for the East of England and am heavily involved with leading its roll out across the region.

Inter-Professional Education

Amy Wong

Interprofessional education (IPE) is critical for delivering safe, effective and person-centred healthcare. Yet educators often face challenges in implementing meaningful IPE within busy clinical environments. In this 75-minute online workshop, we will explore how to embed meaningful, authentic and sustainable IPE across diverse clinical settings.

Through short presentations and facilitated discussions, we will reflect on the opportunities and barriers encountered, and share best practices for building interprofessional learning cultures within your teams and departments. You will take away with evidence-based informed tools, frameworks and examples to enhance interprofessional learning in everyday clinical supervision, placements and workplace teaching.

Dr Amy Wong is an internationally experienced health professions educator and researcher. She joined the Norwich Medical School, University of East Anglia, as an Associate Professor in Medical Education in 2023. Amy leads both Faculty Development and Interprofessional Education at the Norwich Medical School and works closely with clinical partners across the region. Amy is also an active member of the Centre for the Advancement of Interprofessional Education (CAIPE), a leading organisation in the UK dedicated to advancing interprofessional education and collaborative practice.

Amy previously worked at Queen's University Belfast and The University of Queensland (UQ) in Australia, contributing to health professions education research, curriculum design and evaluation. Her teaching and research focus is on health professions education with particular interests in interprofessional learning, faculty development, assessment and feedback. Her PhD, completed at UQ, explored the socio-cultural factors that influence assessors' judgements of student performance at the high-stakes final medical OSCEs, and the impact of providing assessors with feedback on enhancing the consistency of their judgements.

Amy has extensive experience in applying co-design methodologies to develop assessor support and quality assurance resources alongside academic and clinical educators across the health professions. Amy is a leader, facilitator and mentor across the medical and health professions education community. She is passionate about supporting colleagues to build a collaborative learning culture that encourages learners and teams to achieve their best.

Supporting Leadership Training within the region

Heman Pathmanandam, Roshni Goodka and Ikechukwu Okongwu

The leadership workshop will include our plan for future training: the transition of e-learning onto PGVLE; feedback from the Foundation and Core Hubs as well as a review of what trainees want support with and how we can integrate PGVLE and the hubs to support this.

Dr Heman Pathmanandam is a consultant psychiatrist in general adult psychiatry. In addition to being committed to his clinical work Heman has also been heavily involved in medical management in improving the quality of patient care.

Heman is passionate about education and the training of young doctors. He is both a clinical and educational supervisor; he is also a college tutor and examiner for the Royal College of Psychiatrists and a Visiting Clinical Fellow to the University of Hertfordshire.

As Associate Dean for NHS England, he is currently involved in and Leadership and Management for doctors and dentists in training.

Dr Ikechukwu Okongwu is a paediatric ST5 trainee in the East of England currently at Addenbrooke's hospital. Served as the Blended learning fellow in the preceding year helping facilitate the movement of learning modules from Bridge to PGVLE. Currently serving as Leadership fellow for this year helping deliver leadership modules to trainees within the region.

Dr Roshni Goodka is a GPST3 in the Watford VTS. She's had experience creating and leading community projects including a patient support team for her local practice and work with the INT to reduce COPD related hospital admissions. As a leadership fellow this year, she's worked to create materials for core trainees to develop their leadership skills.

LTFT and Flexible Training

Abigail Taylor

An overview of current national policy/guidance and some case scenario discussions. An opportunity to share challenges (and also local successes) in flexible training opportunities, focusing on LTFT and OOP, with colleagues from across the region.

Dr Abigail Taylor is a GP Associate Dean and has been a PSW Clinical Case Manager since 2021. She is an accredited 'Resilient Leadership' consultant coach and has been involved in medical education in the region for several years as a trainer and TPD for the Cambridge and Bedford schemes. She now works clinically as a retainer GP in Bedford, is a GP appraiser and leads on GP Digital Learning, GP recruitment, and Supporting Flexibility in Training (LTFT/OOP) in her Associate Dean role.

Update from the Quality Teams (Hospital and GP)

Nisha Nathwani, Jonathan Rouse, Chris O'Loughlin, Ayesha Tu Zahra, Tracy Wray and Anna Hilton

This workshop will focus on strengthening quality across postgraduate medical education, with a structured overview followed by targeted discussions for primary and secondary care educators.

The session will begin with a high-level update on the Quality Framework, outlining current priorities and the transition toward SLEC. This will set the context for understanding how quality assurance and improvement are evolving across training environments.

The Quality Clinical Fellow, will present findings from recent focus groups, highlighting Resident Doctor (RD) perspectives, particularly around engagement with the GMC and insights from the NETS survey. This will provide a grounded view of trainee experience and participation in quality processes.

Building on this, key themes from the free-text responses in the 2025 GMC survey will be shared, with a focus on what these reveal about the RD training environment, including areas of strength and concern.

We will then explore the future direction of quality, considering how current insights and data can inform ongoing improvements and strategic priorities.

The workshop will conclude with breakout discussions, dividing participants into primary and secondary care groups. These sessions will allow for more tailored updates, reflection, and sharing of context-specific challenges and opportunities, ensuring relevance to each educational setting.

Dr Nisha Nathwani is a Paediatric consultant with special interest in Diabetes and Endocrinology and has been based at the Bedfordshire hospitals for nearly 20 years. She has a keen Interest in Leadership and Medical Education. Nisha currently works within the Quality team as Assistant Director, the SLT as lead DME and with the two deputies at the Bedfordshire hospitals and the cross-site Med Ed teams. She also holds the post of clinical advisor for the National Distribution and Expansion team and Patch Dean for BLMK. Nisha would recommend Medical Education roles to all aspiring leaders!! Her interests include cooking, wine tasting, gardening, and going on long walks with Tom her husband and 3 kids with their lovely rescue dog Chutney - he keeps them all grounded!

Dr Jonathan Rouse is the GP Associate Postgraduate Dean for Quality, Assessment and Workforce in Mid and South Essex. He is also a senior partner in a practice in Southend and an active GP trainer. Over the last couple of years, he helped to streamline approval and reapproval processes for primary care educators and leads on training quality concerns in general practice. He is an active member of the Gold Guide Reference Group that reviews the guidance for all postgraduate medical education. His claim to fame is that he is an honorary Prince of the Bunyoro-Kitara Kingdom in Uganda.

Dr Chris O'Loughlin is a Deputy Postgraduate Dean in NHS England here in the East of England with a variety of responsibilities including Assessment and Revalidation, Trainee processes (like OOP and Study leave), as well as overseeing some of the Specialty Schools. He continues to work two days a week as a Consultant Adult Psychiatrist in Cambridge. Chris

was previously Director of Medical Education in CPFT and then Head of School for Psychiatry in the East of England. Feel free to ask about music, learning a new language and triathlon.

Dr Ayesha Tu Zahra is a GP Ipswich. She has a passion for training and supporting primary care learners including GP trainees, ACPs, FCP and NMPs. Ayesha has had many roles in primary care school and local leadership roles within the ICB. She now doing a job share with Dr Paul Wright as a head of school. Ayesha is leading Quality, Placement capacity, expansion working with the six ICB's training hubs and supporting wider workforce support. Her interests includes cooking and baking though not yet made to Master chef!

Tracy Wray is the lead for the 'Education Quality' team in the East of England region within the 'Workforce Training and Education Directorate'. The role has provided the opportunity to work across quality and commissioning in the East region and at national level. Prior to this role Tracy worked in senior roles across the health and social care sector in both adults and children's services – she led transformation projects to improve quality of service including patient flow; continuing healthcare; and a redesign of adults and children's services with a focus on quality for both the workforce and patient outcomes. In all her roles, Tracy has worked with some fabulous leaders and is passionate about leadership and aiming to develop and promote good quality leadership to support workforce and trainees. Outside of work, Tracy's interests include walking, swimming, and tennis as she loves to both watch and play tennis.

Dr Anna Hilton graduated from University of Birmingham in 2019 having completed her MBChB and BSc in Public Health. She completed Foundation Training in the West Midlands and then Internal Medicine Training in the East of England where she achieved her MRCP. She commenced Specialty Training in Palliative Medicine in Sep 2025 in the East of England. She has a keen interest in medical education, particularly simulation teaching and was a member of the SIM Faculty at Norfolk and Norwich Hospital from 2023-2025. She was excited to take up the Regional Quality Fellow post in Sep 2025 to further develop her leadership and management skills and work with the Regional Quality Team to help improve the training and education of doctors in the East of England.

CAT Calibration

Emma Brandon and Olufunmilayo Adewale

The Care Assessment Tool (CAT) is a key workplace-based assessment used in GP training designed to evaluate professional judgement across the scope of General Practice. As with many observational assessments, trainers may vary in how they interpret and score trainee performance, making opportunities for calibration important to promote fairness and consistency. This interactive online workshop will review the purpose of the Care Assessment Tool and provide a benchmarking activity.

Dr Emma Brandon is a GP Training Programme Director in Norwich, a GP trainer, practising GP and professional coach. She has extensive experience in postgraduate and undergraduate medical education. Prior to becoming a GP she worked as a mental health nurse and manager, which continues to influence her supportive approach to education and supervision. She holds a PGCert in Medical Clinical Education and has interests in supporting trainees who are struggling, providing exam support and helping others develop their potential.

Dr Olufunmilayo Adewale is a Training Programme Director based in Norwich, a GP Trainer, and a practising General Practitioner. She is committed to medical education and the development of future GPs while providing high-quality patient care.

Fellows Showcase, 14:00 – 15:00

Within this session we will hear presentations from fellows from across the EoE.

Title	Presenter	Fellowship
Enhancing interprofessional working and learner confidence through multiprofessional simulation across primary and secondary care in the Foundation Programme	14:00 - 14:10	Dr Emmanuel Imaduabuchi Edeh & Dr Trevlyn Katsanza
Learning Beyond the Limits: Up-Skilling in Learning Disabilities through Simulation-Based-Learning	14:10 - 14:20	Dr Shafia Khanum and Dr Sharadha Wisidigama
Evaluating AI-Generated Case Based Learning as a Scalable Solution for Sustainable Medical Education	14:20 - 14:30	Dr Cameron Niven
Mental Health Response Training Pilot	14:30 - 14:40	Dr James Day, Dr Liam Embliss, Dr Mike Smith & Dr Patrick McClintock
Remote Consultation Skills Training in Foundation Programme: An exploratory training needs analysis from faculty & trainees' perspectives	14:40 - 14:50	Dr Linh Trang Nguyen

Workshop Slot 3, 15:00 – 16:15

AI and Leadership

Susie Edwards

Artificial Intelligence is transforming the way we work, make decisions, and lead teams. But how can leaders leverage AI without sacrificing the creativity, empathy, and ethical decision-making that define great leadership? This session explores what leaders need to know about AI, practical tools that enhance rather than replace human capability, and strategies to ensure AI-driven transformation remains people-centred.

Learning Objectives

- Understand the key AI trends shaping leadership and decision-making.
- Identify practical AI tools that enhance efficiency and innovation.
- Explore strategies to balance AI adoption with human-centred leadership

Susie Edwards is a leadership coach with over 20 years' experience across healthcare, academia, science, business and education. She supports professionals across health and social care to develop confidence, lead with purpose and navigate their career and leadership journeys with clarity.

She brings particular expertise in leadership coaching, career development and leading through complexity and change, working with senior clinicians, executive leaders, emerging managers and multidisciplinary teams across the NHS. She has partnered with NHS Trusts, ICBs and national organisations, including the British Medical Association, to design and deliver coaching, mentoring and leadership programmes.

Her work is practical, compassionate and action-oriented, creating reflective thinking spaces where individuals and teams feel able to engage in courageous conversations, strengthen collaboration and share best practice. She also designs and delivers leadership programmes exploring the future of healthcare leadership, including AI in Leadership, supporting leaders to understand emerging technologies while developing the human capabilities that remain essential — judgement, ethical thinking, adaptability and collaboration.

Building and Engaging a Trainee Faculty

Lizzie Soyode

How do you build and sustain an engaged trainee faculty when trainees are already stretched by clinical demands? This session draws on insights from a deanery-wide education programme and explores practical strategies to recruit, motivate and retain resident doctors, while fostering a strong and engaged faculty culture.

Dr Lizzie Soyode is an A&E doctor with a strong interest in medical education, leadership and team development. As an East of England Fellow, she has helped design and lead educational courses for the deanery. Outside of work, she enjoys building projects using LLMs (and some “vibe coding”), spending time with friends and family, and baking.

Teaching and training in a Kind and Civil Culture...Revisited

Ashley Reece

Join us for an interactive workshop, ‘Teaching and Training in a Kind and Civil Culture...Revisited’, where we will discuss the important role civility and kindness play within medical teams and learning environments. Why is it important? Because rudeness can impair clinical performance by up to 50% and teamwork by 75%. We will draw inspiration from national initiatives and review nuggets from leading researchers focussing our discussion on what works and how to achieve positive outcomes in this area. We will break the ice, share real-life experiences and create space for reflective discussion—we may even include conversation over a cup of virtual coffee. This session is designed not just to inform, but to connect, engage, and inspire action toward a kinder culture in your working world.

He is a General Paediatrician and Medical Educator. He has been a Consultant at West Hertfordshire Teaching Hospitals for over 20 years and a doctor for 30. He is a Fellow of the Higher Education Academy and a founder Member and Fellow of the Academy of Medical Educators. He completed a Masters in Medical Education and has peer-reviewed publications in the education literature, including *Medical Education* and *Medical Teacher* journals. He has been involved in undergraduate medical student education at UCL Medical School for over 20 years. He has held national lead roles and was involved in postgraduate education and training at the Royal College of Paediatrics and Child Health for nearly 20 years. Since April 2020, he was Director of Medical Education (DME) in his Trust between 2020 and 2026 and since October 2023, he has been Associate Dean and Lead DME for the East of England. He is a holistic doctor and learner-focussed educator.

PSW: Trainees in Difficulty

Francesca Crawley

This workshop aims to help educators identify a trainee with differing needs and support them in clinical practice. Participants will gain valuable insights into the supportive services offered by PSW, aimed at fostering the well-being and training progression of both trainees and educators. It is an opportunity to enhance awareness of available resources and to discuss practical support strategies for thriving in a challenging educational environment.

Dr Francesca Crawley is a neurologist at West Suffolk Hospital and the clinical lead for the EOE Professional Support and Wellbeing Service (PSW).

Imposter Syndrome

Nishma Manek

Imposter feelings are common in medicine yet rarely spoken about. In this workshop, Dr Nish Manek will share her own experiences and lessons from creating the Next Gen GP programme, reframing “imposter syndrome” as temporary imposter moments. Together we’ll explore why these doubts arise, how to manage them with practical strategies, and how GP educators can support both themselves and their trainees to grow in confidence.

Dr Nish Manek is a First 5 GP in Cambridge. In 2017, whilst in training, she established 'Next Generation GP' to share some of the inspiring stories of leaders she had met. The programme spread quickly through a network of young GP volunteers and has now trained over 3500 emerging GP leaders in over 30 cities in the UK. In 2018 she was awarded the British Empire Medal in the Queen's Birthday Honours for her contribution to GP leadership development. Outside of work she has an interest in homeless health, coaching GPs as a Director for Akeso, and has written for numerous publications including the BBC, the British Medical Journal and The Guardian.

Senior Leadership Team Update and Q&A Session, 16:30 - 17:00

This will be an opportunity to hear updates from our Senior Leadership Team, as well as ask them any questions you have.

So we can be as prepared as possible for this, if you have a question that you would like to ask the SLT, please either scan the QR code below, or using the link.

Survey will close at 15:00 on the 29th April 2026.



<https://forms.cloud.microsoft/e/Pu4Q5HstL9>

For more information on our Senior Leadership Team, please see:
<https://heeo.ee.nhs.uk/medical-training/want-train-east-england/leadership-nhse-ee>

NHS England Team Contacts

Please see below a helpful guide to some of our generic team mailboxes:

Faculty Support	
Faculty Support Team <i>General Faculty enquires for all specialities</i>	england.educatorsfaculty.eoe@nhs.net
Events <i>Symposia, masterclasses & workshops for all specialties</i>	england.eandtevents.eoe@nhs.net
Public Health	england.phschool.eoe@nhs.net
Foundation	england.foundationfaculty.eoe@nhs.net
SAS & LEDs	england.sas.eoe@nhs.net
Dental Foundation Training	england.dft.eoe@nhs.net
Dental Core Training, Dental Workforce Development & Dental Speciality Training	england.dental.eoe@nhs.net
Dental Integrated Care	england.ic.eoe@nhs.net
Blended Learning	england.blendedlearning.eoe@nhs.net
Study Leave	england.studyleave.eoe@nhs.net
Fellowships <i>EoE Trainee Fellowships</i>	england.fellowships.eoe@nhs.net
Bursaries <i>PGCert, PGDip, MSc top-up in Medical Education</i>	england.mededbursaries.eoe@nhs.net
Trainees as Educators	england.traineesfaculty.eoe@nhs.net
Primary Care	
Primary Care	england.primarycare.eoe@nhs.net
Business Support <i>Trainer Grant, ESR and CPD Claims</i>	england.businesssupport.eoe@nhs.net
Indemnity <i>Aviation and Space Medicine, Community and Sexual Reproductive Health, General Practice, Genitourinary Medicine, Occupational Medicine, Palliative Medicine & Public Health</i>	england.indemnity.eoe@nhs.net
Assessment & Revalidation	
Assessment	england.assessments.eoe@nhs.net
GP Assessment	england.gpassessment.eoe@nhs.net
Revalidation	england.revalidation.eoe@nhs.net
Appeals	england.appeals.eoe@nhs.net
Programmes	
Programmes	england.edit.eoe@nhs.net
Foundation Programmes	england.foundationprogrammes.eoe@nhs.net
Less Than Full Time Training	england.ltft.eoe@nhs.net
Out of Programme	england.oop.eoe@nhs.net
Inter-Deanery Transfers	england.idt.eoe@nhs.net
Supernumerary Funding	england.supernumerary.eoe@nhs.net
TIS Access Requests	england.programmeanalysis.eoe@nhs.net

Professional Support & Wellbeing Service	
PSW	england.psw.eoe@nhs.net
Supported Return to Training	england.supportrt.eoe@nhs.net
PSW Workshops and Events	england.eventspsw.eoe@nhs.net
Recruitment	
Recruitment Helpdesk	england.recruitment.eoe@nhs.net
Foundation Recruitment Helpdesk	england.foundationrecruitment.eoe@nhs.net
Sponsorship	england.sponsorship@nhs.net
Multiprofessional School	
Multiprofessional School	england.multiprofessionalschool.eoe@nhs.net
Enhance	england.enhance.eoe@nhs.net
Quality	
Quality	england.qualityframework.eoe@nhs.net
Deans Support	
PA Support Team	england.contacts.eoe@nhs.net