

Take Time Out

Building resilience, managing change and working differently

23rd April 2015 - 9.30 to 4.30pm

Here at the LLR Local Medical Committee we know the daily challenges that you are facing in your practices, because you, our members, tell us.

Having listened to what you are saying, and recognising this is not sustainable we want to support you with the opportunity to *take time out* to think about how you can **build resilience for yourself & your team**, reflect on how you deal with change and review your working practices now, and for the future.

During the day you will consider:

- How you can improve and manage the impact of change and work pressures on you and others.
- How language supports the motivation of yourself and others.
- A current workplace issue and how to deal with it effectively.
- Take away ideas to keep you going

Therefore we are offering a one-day interactive, practical workshop, which is significantly subsidised by the LLR LMC and the Central Notts Clinical Services and is offered to you at a cost per person of **£50 (lunch provided)**.

Aimed at: GPs with a leadership role, Practice Managers and Senior Nurses

Venue: St Johns Community Centre, Packhorse Drive, Enderby, Leicestershire, LE19 2RP

Facilitators: Louise Kiteley of Coaching Innovations and Alexis Hutson of Coaching Doctors.

To Book: Contact Susan Shaw at LLR LMC – susan.shaw@llrlmc.co.uk and 0116 243 0933.

ADVISE SUPPORT REPRESENT

Leicester, Leicestershire and Rutland Local Medical Committee Limited

Fosse House 6 Smith Way Grove Park Enderby Leicestershire LE19 1SX

0116 243 0933 www.llrlmc.co.uk