



GP Health Service
Practitioner Health Programme

Trainee Doctor & Dentist Support Service
Health Education England - London & South East

Mindfulness and Resilience training

Course Content

- ✓ An explanation of the **neuroscience** of Mindfulness and why it is a core resilience skill
- ✓ **Cognitive Training:** Mindfulness Meditation Practice – various techniques
- ✓ Identification of **stress triggers** and default modes of thought, action and behaviour when under stress
- ✓ Understanding the **effect of thoughts and emotions on our wellbeing**
- ✓ **Emotional Regulation;** Tools and Techniques to **improve EQ (Emotional Intelligence)**
- ✓ Tools to shift from a Fixed Mindset to a **Growth Mindset**
- ✓ Practical **Positive Psychology** tools to gain a '**Happiness Advantage**'
- ✓ How to **improve work life balance** and identify resources available to us in order to achieve this
- ✓ **Improving personal and professional relationships** through Mindful Communication and Feedback
- ✓ Using Mindfulness to **develop compassion and empathy** for self and others
- ✓ **Contributing to the community** in a meaningful way

Expected Course Outcomes

- ✓ Familiarity with a range of mindfulness tools and techniques to **improve awareness** and **minimise stress**
- ✓ **Improved mental agility, focus and attention**
- ✓ **Response Flexibility:** Ability to **emotionally self-regulate** and create well thought out responses rather than instinctive reactions in the face of challenges or difficult situations
- ✓ Exercising greater **self compassion**
- ✓ **Communicating** with greater awareness and empathy, taking a more **collaborative approach** at home and work
- ✓ Shift from a Fixed Mindset to a **Growth Mindset**, having an enhanced ability to see the 'bigger picture' and think more strategically and innovatively
- ✓ Improved **Work-Life balance**, taking time to 'recharge'
- ✓ A more **positive outlook** at work and in life
- ✓ A **deeper understanding of the science** associated with Mindfulness and other core resilience skills



How to book:

Visit this link to book your place: <http://php.nhs.uk/trainee-doctor-dentist-support-service/>

Please note there are a maximum of 16 places available for each course and will be on a first come first served basis. Please only book if you reasonably believe you will be able to attend both days of the course.

There is no charge for this course.

Please note:

The mindfulness and resilience course is delivered as part of the **PHP+ Trainee Doctor and Dentists Support Service** (TDDSS) programme of work, hosted by the NHS Practitioner Health Programme. However TDDSS is not for doctors or dentists who are unwell or suffering from current mental health concerns. These issues should be addressed to your GP or work place occupational health, or where eligible you may also access the NHS Practitioner Health Programme (www.php.nhs.uk) or NHS GP Health service (www.gphealth.nhs.uk)

This service has been commissioned by Health Education England and is available to trainees on programmes managed by HEE Local Offices in London & the South East. A trainee who leaves a L&SE managed programme will no longer have access to sessions/programmes.