The urgent need to address the wellbeing of doctors and others working in healthcare has been highlighted in recent reports by the BMA, GMC and HEE (2018-19). My workshops address many of the concerns raised in these reports.

Research shows that people working in healthcare professions often disengage from their emotions in order to survive the traumatic nature of the work. However, this increases the likelihood of burnout (Gleichgerrcht & Decety 2013).

My workshops give participants simple tools to safely re-engage with their emotions with an emphasis on self-care and team support. I work in a variety of healthcare organisations, with particular expertise in the needs of General Practice and GP Trainees.

"Our aim should be to create workplaces that support doctors and other healthcare staff by promoting their mental health and wellbeing" (GMC)

Call me on 07549 311772
YOUR TEAM'S WELLBEING IS IMPORTANT

“Since doing the team away day workshop, I feel closer to my team and more aware of how we can support each other”

I offer a variety of workshop formats to suit the needs of your organisation and can be run as lunch time or evening meetings, half day or whole day sessions.

Introduction to Emotional Wellbeing

This is recommended as a first workshop and covers why Emotional Wellbeing is important but often neglected. It provides an easy-to-remember structure which allows whole teams, and the individual team members, to foster their wellbeing during the workshop and well into the future. This enriches people with more resilience and less chance of burnout. Consequently, your organisation may have less sick-leave and better staff retention.

Follow-on workshop topics include:

- Developing self-care and self-compassion.
- Perfectionism: it’s impact and how to manage it.
- Mental Health and the body

I have been a doctor for 28 years, 25 of those as a GP including the roles of senior partner, medical student teacher and junior doctor supervisor. I am a fully qualified counsellor with a BA(Hons) degree in Counselling. Alongside providing counselling sessions for doctors with depression and burnout, I am passionate about directing my time to the training of healthcare professional teams in the much-needed area of emotional wellbeing. In 2016 I was awarded FRCGP in recognition of my work in the areas of wellbeing and education.

To discuss your team's needs or to book a workshop call me on: 07549 311772
Email: info@drmichaeldaveywellbeing.co.uk
Web: www.drmichaeldaveywellbeing.co.uk