



# Time Management for Senior Doctors Webinar

**3** external CPD points

## Introduction

This workshop will address many of the specific issues faced by senior doctors which often lead to workplace stress and it will provide practical strategies for more effective time management.

## Course structure

- **2.5 hour webinar**

## Webinar objectives

- To enable participants to gain control in their working lives, experience less stress and achieve a better personal work/life balance.
- To provide practical advice regarding priority goal setting, planning and organising, using e- mail effectively, leading more effective meetings and best time management practices.
- To create a sense of professional camaraderie and support that might extend beyond this training.