



The Art of Resilience and Managing Through Difficult Times for Medical Education Managers

3 external CPD points

Introduction

During COVID – all staff are struggling, and MEM's are likely to be on the receiving end. This course has been designed to help the MEMs and their teams understand tips and techniques, not only for themselves, but also to help the trainees and other members of their team.

This digital session will explore:

- Resilience as a process; from recognition to reset to response.
- The science behind The Key Human Performance Indicators (KHPIs)
- Techniques and tools to help with sleep, mindset, nutrition, exercise, organisation, & relationships
- The creation of a personal performance contract

Delivery method

- 2.5 hour interactive webinar

Pre-work

- As a wake up call to the topic each participant will be given the chance to complete an online 'Energy Profiler'

Attendees will leave with greater knowledge on:

- The skill and process of resilience
- Critical factors that influence health, wellbeing, resilience and performance
- How to take control of their lives, both at and away from work, in difficult times