

# How to Beat Burnout and Manage Stress

## Wednesday 3th November 2021

### All Delegates will receive

- Tips to combat Stress and Burnout
- A set of Course downloads
- A certificate for your appraisal portfolio

**Course Accredited for  
2 hours CPD**

Introducing your speaker

**Dr Sarah Goulding**

Portfolio GP and a Coach for Doctors

### Meet the Speaker ...

## Dr Sarah Goulding

Sarah is a Portfolio GP and a Coach for Doctors, specialising in Career Development and Wellbeing. She is a GP Mentor, Appraiser and Training Programme Director for the GP training scheme local to her in the West Midlands.

Sarah enjoys being a Keynote Speaker on Wellbeing and Medical Careers and has collaborated with NHS Practitioner Health, H.E.E. and the RCGP. She is also a regular contributor to the BMJ Careers section.

Her website is [www.drSarahGoulding.com](http://www.drSarahGoulding.com)

She has two pre-teen kids and a cat called Brian.



## Your Learning Agenda ...

- ▶ You will learn how to spots the signs of burnout in yourself and your team mates.
- ▶ You will learn a variety of stress management strategies for both work and home situations.
- ▶ You will receive signposting to a wide variety of resources aiming at supporting your wellbeing as a healthcare professional.

## Programme ...

**7.30pm - 8.15pm    Session 1**

**8.15pm - 8.45pm    Break and Promotional Presentation TBC**

**8.45pm - 9.30pm    Session 2**

**9.30 pm              Webinar Ends**

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