



WOW 2019 Programme
Venue: RVI Education Centre
01.02.2019
08:30 – 17:00

0830 – 0900 **Registration, tea and coffee**

0900 – 0905 **Welcome**

0905 – 0935 **Compassion and empathy in care, Dr Sachin Rastogi (1103)**

0935 – 1035 **Tales from the Frontline (1102)** – inspiring tales from colleagues who've battled suicide, bullying and the stress and strain of acute care to survive and thrive, including local initiatives that are working to improve wellbeing.

- Dr Elaine Winkley
- Dr Emma Cox
- Sr. Sue Lawson and SN Heather Irving
- Dr Zoe Robertson

1035 – 1045 **Discussion**

1045 – 1100 **Break, tea and coffee**

1100 – 1200 **Keynote, sponsored by HENE: From thermodynamics to human dynamics: why caring for health professionals is essential. Dr Caroline Elton (1H01, 1103)**

1200 – 1245 **Healthy lunch/Opportunity to explore wellness fair**

1245 - 1250 **Afternoon welcome**

1250 – 1320 **'How to stay young', Professor Mike Trenell (from BBC series of same name)**

1320 – 1350 **The ageing workforce, Dr Nancy Redfern (1102, 1103)**

1350 – 1400 **Discussion**

1415 – 1515 **Workshop 1**

1545 – 1645 **Workshop 2**

***Workshops (refreshments available throughout afternoon)**

Delegates will have the option to choose two from the following:

- **Pilates with the Pilates Physiotherapist**
- **Yoga from Yoga Therapies**
- **To B(urnout) or Not to B(urnout) with Caroline Elton: Things you and your organisation can do, to safeguard your wellbeing at work - What exactly is burnout? How common is it in healthcare professionals? What are the major drivers? And most important of all - what on earth can we do about it?**
- **Mindfulness with Mindful Therapies**
- **Bike maintenance with onyoucycle**
- **Financial Wellness – savings, insurance, investments, pensions...everything you need to know!**
- **Individual mentoring sessions, provided by North East Mentoring Organisation**

1700 **Close of day**

**Please join us for drinks after the conference at the Trent, 1-2 Leazes Ln, Newcastle upon Tyne
NE1 4QT**

