



WOW 2021 Programme
Virtual event
06.01.2021
13:00 – 17:00

13:00 Welcome and introduction

13:15 - 14:00 Dr Suzanne Shale - Positive workplace culture - what it is and how to build it.

14:00 - 14:15 Comfort break with online art gallery, featuring the work of talented local doctor, Dr Ameana Khan, alongside your images to represent the past year.

14:15 - 15:15 Tales from the Frontline - stories confronting issues around ethnicity and diversity and career progression; personal health issues and sustainability.

- **Dr Sameer Ahmed**
- **Dr Lianne Martin**
- **Dr's Jordan Minns and Elaine Winkley**

15:15-15:30 Break and prepare for break-out workshops

15:30 - 16:45 Workshops - see below for options and please reply to wow@workingoutwellbeing.co.uk with your choice.**

16:45 - 17:00 Close

**1. Yoga - an hour of yoga tailored to those working in the physically and mentally demanding specialities of Anaesthesia and Critical Care. Expect exercises focussed on relieving tension, encouraging meditation and mindfulness. Suitable for beginners.

2. Art therapy - a new session for 2021 and something a bit different. See your immediate surroundings in a new way and spend time exploring how connecting to the things around you and being engaged in creative activities can help you to make sense of situations, focus and relax.

3. Financial health - run by one of our sponsors, look forward to an hour of advice to help you make the most of your finances.

4. Coaching - a new session for 2021, introducing the concept of coaching and how it can be used to help you to achieve your goals and maximise your potential.

