



Primary Care Academy
(South West)

South West Primary Care Academy
Personal Resilience and Wellbeing
Tuesday 20th June 2023
Virtual workshop

The Primary Care Academy (South West) would like to invite you to attend a “**Personal Resilience and Wellbeing**” workshop which will be held on:

Tuesday 20th June 2023 at 18.30 - 21.00

In this two and a half hour interactive workshop we will introduce you to some important evidence and ideas on how to maintain lifelong wellbeing, and give you the opportunity to work out how to survive and thrive as a GP.

Date	Time	Location	Invite
20 th June 2023	18.30 – 21.00	Virtual	To follow
Facilitators: Dr Vik Mohan			

Dr Vik Mohan is an Exeter based GP, Director of Community Health at Blue Ventures Conservation, appraiser, life coach and wellbeing practitioner.

After two decades of working as a GP, he has seen first-hand how important it is that doctors look after themselves. Having spent the last five years learning about wellbeing and resilience, he now spends time working with individual clinicians, teams and leaders to promote greater wellbeing within the GP community.

Registration

To register your interest for this event, please complete the MS Form by clicking on the link, below:

<https://forms.office.com/e/1Qv5jY3BMT>

Questions about the event or the Primary Care Academy should be sent to:

PrimaryCareAcademy.SW@hee.nhs.uk

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