Dear Colleague,

We are writing to ask for your support in granting study leave to your junior doctor colleagues (any grade) so they may attend the Royal Society of Medicine event \textit{Medical Minds Matter: Thriving, not just surviving, in a modern medical career} to be held on Monday 16th July.

As I am sure you are aware, it is becoming increasingly apparent that resilience is an important facet of the skill set that all doctors, regardless of career stage, should be focusing on and developing. This is ever more urgent given the multiple stressors that junior doctors face daily, with several recent surveys of junior doctors* citing substantial levels of burnout. The self-recognition of the need to develop such skills is also acknowledged to be important in developing a long-lasting and effective medical workforce both for today and for the future.

Furthermore, the importance of doctors developing and continually building their resilience, as an important facet of promoting our own mental and physical wellbeing, is reflected by the fact there are ongoing discussions regarding the value of embedding this topic in undergraduate and postgraduate training programme curricula. As you are undoubtedly aware, the GMC requires all doctors to proactively promote their own health. Limited data suggests that resilience training has a positive effect on doctors who attend. For example, a recent event** for Trainee Anaesthetists hosted by Health Education England demonstrated positive outcomes over a number of measures. 53% of attendees stated they found the event ‘really’ or ‘extremely’ beneficial, and 91% of delegates found the event beneficial in some way, with 90% of attendees feeling they would recommend the event to colleagues.

This RSM event provides a low cost means by which junior doctors can meet these needs and GMC recommendations. We would therefore be extremely grateful if you could facilitate the attendance of any junior doctors who are interested in attending the Medical Minds Matter event with approved study leave. Please find below the programme for the event.

Yours sincerely

\textbf{RSM Trainee Council section}

*Surveys including:

- Royal College of Anaesthetists President’s News February 2017 available here: https://www.rcoa.ac.uk/rcoa-presidents-news-february-2017
- Mission Health Being a Junior Doctor Royal College Physicians London December 2016 available here: https://www.rcplondon.ac.uk/guidelines-policy/being-junior-doctor
- https://improvement.nhs.uk/documents/1350/Resilience_case_study_Sulbm7Z.pdf
Medical Minds Matter: Thriving, not just surviving, in a modern medical career
Monday 16 July 2018

DAY MEETING:

9.30 am  Registration, tea and coffee

10.00 am  Welcome and introduction
Dr Upasana Tayal, President, Trainees Section, Royal Society of Medicine

10.10 am  How to thrive in a modern medical career
Professor Camilla Kingdon, Head, London School of Paediatrics

11.00 am  Your first choice of workshops
See below for details

Workshop 1  Chimp Management: Understand how to manage your mind
Dr Trevor Gedeon, Psychological skills Mentor, Chimp Management team

Workshop 2  Life Coaching: How it can work for you
Ms Jude Ryan, Life Coach, Mind Options

12.30 pm  Lunch

1.30 pm  Your second choice of workshop

3.00 pm  Tea and coffee break

3.15 pm  Workshop 3: Productivity
Ms Magdalena Bak-Maier, Founder, Make Time Count

5.00 pm  Wrap up and further resources
Dr Barry McHugh, Honorary Secretary, Trainees Section,
Royal Society of Medicine

5.20 pm  Feedback and close of meeting
Dr Upasana Tayal, President, Trainees Section, Royal Society of Medicine

5.30 pm  Dinner
For delegates who are attending both the day and evening meeting
Medical Minds Matter: Thriving, not just surviving, in a modern medical career
Monday 16 July 2018

EVENING MEETING:

6.00 pm Registration, tea and coffee

6.35 pm Welcome and introduction
Dr Upasana Tayal, President, Trainees Section, Royal Society of Medicine

6.45 pm Been there, done that: Perspective from a senior clinician
Professor Clare Gerada, Former Chair, Royal College of General Practitioners

7.10 pm Does patient safety depend on trainee wellbeing?
Ms Susanna Stanford, Patient and Representative, Clinical Human Factors Group

7.35 pm What role do NHS Trusts play in trainee wellbeing?
Sir David Sloman, Chief Executive Officer, Royal Free Hospital

8.00 pm Panel discussion
Chaired by Dr Fiona Moss, Dean, Royal Society of Medicine

8.30 pm Close of meeting