

Managing Your Resilience



Thursday 13th February 2020
Taunton Rugby Club

Speakers and Programme

8.30-9.00 Registration

9.00 Introduction

9.10 Building and Maintaining Practice Resilience

Yvonne Vigar, Director, Astara Consulting

**9.50 St Austell Healthcare: GP Practice at Scale and PCN -
a sustainable option**

Bridget Sampson, Managing Partner, St Austell Healthcare

10.30 Group Work (delegates will be split into 3 groups)

Cashflow, Budgeting and Practice Finances - Shirley Whittle, Lentells Accountants

Personal Resilience - Dr Zoe Fox, GP & Somerset LMC Pastoral Officer

**Facing Challenges - A fun interactive session that enables people to examine their
approach and attitude to the way they face challenges - Sunrise Solutions**

11.10 Coffee

11.25 Group Work

12.05 Group Work

12.45 Lunch

13.30 PCSE Online Performers List Portal

Tracey Bird, PCSE

14.10 Dr Phil Hammond

Doctor, journalist, broadcaster, campaigner and comedian

15.10 Close

**Somerset Practice Managers and Somerset LMC would like to thank the following
companies for supporting this event:**

Bayer Healthcare Plc, Bristol-Myers Squibb Pharmaceuticals Ltd, Chiesi Pharmaceuticals Ltd
Medical Professional Risk Solutions Ltd (MPRS), PCSE,
Pfizer Limited & Takeda UK Ltd