

GP Career Plus: thriving not just surviving

The problem

We all know that working in general practice can be enormously challenging, often feeling overwhelming. Many GPs have been pushed to a point where they no longer enjoy their work and are at risk of burnout or taking early retirement. Opportunities to chat with colleagues, unwind and share ways of overcoming the challenges we face have become harder to find. GP Career Plus aims to help redress the balance.

The program

Twelve 2.5-3 hour financially supported peer sessions during work hours spread over 6 months. The group sets its own agenda as it goes along so you cover the things which matter to you. Sessions are facilitated with access to a variety of resources and experts.

The aims

- facilitate development of new skills and ways of thinking about the things life throws at you
- leave you more settled and confident in your direction in life
- The opportunity to network with colleagues

The people

GP Career Plus is for any qualified GP who is not part of the “new to practice fellowship”. Past participants have included those who have been on career break (e.g. ill health, parental leave), considering retirement, considering career options and reflecting on their own well-being.

The request

Attend meetings wherever possible, respect/support each other. Relax and enjoy some time out with no pressure and no interruptions

The feedback

“it gave me a new perspective on the options available to me as a GP”

“I realised for the first time that I wasn’t alone and could openly share my story with people who understood”

The next step

If you think you may be interested, then please contact somersetlmc.gpcareerplus@nhs.net for more information.