



BNSSG
Training Hub



FREE headshots
available

INVIGORATE

Wednesday 22nd March | 09.00AM - 03.00PM
Engineers House (BS8 3NB)

This **FREE, face-to-face** event will provide you **direction** through the **middle years of your career**, enabling you to **curate** a rewarding and fulfilling path forward and supporting your **CPD goals**.

FREE lunch and **parking** will be available. **Certificates of attendance** can be made available upon request.



[Register Here](#)



INVIGORATE | Mid-Career GP Event

Who'll be speaking? | Full agenda on next page



“Survivor”

Talk from **Dr. Neil Kerfoot** | **Clinical Director**, 4PCN

As Dr. Kerfoot approaches retirement, he will be reflecting back on his varied career and sharing thoughts on thriving all the way through.

“Thriver”

Talk from **Dr. Geeta Iyer** | **Clinical Lead for Primary Care Development**, BNSSG ICB

Very much a mid-career GP, Dr. Iyer is involved in a range of management and leadership endeavours, and will be sharing her she manages her various roles.

“Diversifier”

Talk from **Dr. Juliet Brown** | **Year 1 Co-Lead**, Bristol Medical School

Dr. Brown is engaged with a multitude of educational positions, and will be exploring how she curated her career in medical education alongside working in general practice.

Tips of the Trade

Workshop from **Dr. Irorho Mousah** | **GP Retention Fellow**, BNSSG Training Hub

Join Dr. Irorho and your fellow delegates in this interactive session examining and discussing the everyday activities and resources that can make your day-to-day work lives easier.

“Mentor”

Workshops from **Tom Dillon** | **Certified Coach**, Your Coaching Journey

With Tom's support, you will:

- ♦ **Become acquainted with coaching:**
What is it? How does it work? How might you access it, and how might you use coaching skills in consultations, staff conversations, appraisals, mentoring, and training?
Explore how you can become a coach and step into a coaching role as a complement to your career as a GP
- ♦ **Exercise your coaching skills:**
Engage with four different interactive coaching activities, to expand your thinking about your role and your approach to life as a GP. Take your learning back to your practice to pass on to your team!



INVIGORATE | Mid-Career GP Event

What's on the agenda?



09.00AM - 09.30AM Arrival and coffee	11.50AM - 12.00PM Questions and Feedback
09.30AM - 10.00AM Welcome, from Dr. Irorho Mousah	12.00PM - 01.00PM Lunch
10.00AM - 10.20AM Career Journey of Dr. Neil Kerfoot	01.00PM - 01.05PM Introduction to the afternoon
10.20AM - 10.30AM Questions and feedback	01.05PM - 01.30PM Introduction to Coaching, from Tom Dillon
10.30AM - 10.45AM Tips of the Trade	01.30PM - 02.30PM Coaching Tools Workshop, from Tom Dillon
10.45AM - 11.00AM Morning coffee	02.30PM - 02.35PM Feedback
11.00AM - 11.20AM Career Journey of Dr. Geeta Iyer	02.35PM - 02.40PM Setting up Peer Support Groups
11.20AM - 11.30AM Questions and Feedback	02.40PM - 02.50PM Questions for the day and feedback
11.30AM - 11.50AM Career Journey of Dr. Juliet Brown	02.50PM - 03.00PM Final remarks and close