

# Career Development: Developing Working Equilibrium in Yourself and Others



**Liverpool:** Thursday 13<sup>th</sup> February 2020, Novotel Liverpool Centre

**Manchester:** Wednesday 4<sup>th</sup> March 2020, Midland Hotel

Both sessions are scheduled to run from 9:30am to 4:30pm.  
A buffet lunch will be provided in the afternoon.

An innovative and interactive day to provide personal time and workload management skills, as well as develop those capabilities in others. Provided by [Career Planning for Doctors and Dentists](#).

Working equilibrium is about achieving a sense of balance between the different aspects of one's life. In contrast, feeling out of balance is a common experience for healthcare professionals working in demanding and pressurised roles. This can lead to a persistent lack of energy and reduced satisfaction with life both inside and outside of work.

This one-day workshop provides participants with an opportunity to consider personal priorities and the factors that can impact our wellbeing - in both positive and negative ways. The practical approach is grounded in evidence-based research. We will use tools and techniques to help participants develop a more sustainable sense of working equilibrium which they can apply to their own lives and share with their trainees.

**To register for this event, please select preferred date/location below:**

**Liverpool:** <https://healtheducationyh.onlinesurveys.ac.uk/working-equilibrium-liverpool-13th-february-2020-reg>

**Manchester:** <https://healtheducationyh.onlinesurveys.ac.uk/working-equilibrium-manchester-4th-march-2020-regist>

Please direct any questions or queries to [facultydevelopment.nw@hee.nhs.uk](mailto:facultydevelopment.nw@hee.nhs.uk)