



**A pair of workshops designed to give F1s an insight into the emotional demands of working within medicine, and provide a personal toolkit to enable you to respond positively to those challenges.**

For 2020-2021, Module 1 of these free workshops will be delivered using Microsoft Teams on 10<sup>th</sup>, 18<sup>th</sup> and 25<sup>th</sup> March 2021 from 12:30-13:45. Dates for Module 2 are to be confirmed.

This educational course is mapped to the Foundation curriculum and can be included as part of attendance requirements at the Foundation Delivered Educational Programme.

