

Virtual Café for trainees who are shielding:

Navigating your training in the next 6 - 12 months

Friday 16th April 2021 from 1.30 to 3.30 pm

An open space for trainees in London and KSS to talk about issues affecting them whilst shielding during the Covid-19 pandemic.

Whatever your specialty or stage of training, we welcome you to join us for the Virtual Café.

The next session will focus on practical issues and support for your training and wellbeing during the coming months and the next phase of the COVID19 response.

We will create a safe, structured and supportive space where trainees can discuss important issues and discover valuable approaches to dealing with concerns, uncertainty and change.

This event will be facilitated by:

- Dr Angela Skidmore, Consultant in Occupational Health
- Kathleen Sullivan, Senior Coach, Professional Support Unit
- Drs Ruth Ruggles and Subir Mukherjee, SuppoRTT Leads, London & KSS

To confirm your attendance, please [complete the registration form](#)

Future virtual cafés

This series is targeted to the needs of trainees who are shielding. You will be able to attend any or all of the sessions. We welcome your ideas on topics for future sessions, which may include:

- Managing change - finding balance
- Dealing with uncertainty
- Managing your mindset
- Keeping on track with your career
- Professional identity and reputation management
- Focus on control - moving on from frustration

If you have any questions, do not hesitate to contact us at srtt.lase@hee.nhs.uk.

