**Trainer’s workshop 16/03/2021** Wellbeing. Joint Trainee/ Trainer workshop with Caroline Elton

Boundaries and Saying No

Caroline Elton: Author 'Also Human'

Group work/ Roleplay – Saying “no”

Group work – appreciative enquiry about work

Meet your new ST3

Main points – relationships with colleagues and others are key to coping with stress – and the ability to form, sustain and nurture relationships depends on opportunities – so organisations have a responsibility to enable this

Via ZOOM

Business (TWS):

VTS residential new dates 23-25 June

TWS residential Villiers Park 12-13 Nov

Reapprovals from April 2021 will be via Training Hub, with AD support. TWS will provide this using peer review, ST feedback and TWS attendance - to be discussed in May

Next meeting Tues 17/5/21

SLIDO survey results

71% prefer F2F (garden/park)

Of those who prefer ZOOM, 73% would attend F2F - this means that numbers work out that only two people feel 'unsure' about F2F and none say no.

Therefore next meeting will be F2F (214 Richmond Rd) assuming roadmap continues and weather permitting. Agreed with GP Head of School.

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| **Present:**  |
| Mel Sayer |
| Jim Boddington |
| Fiona Sanders |
| Nisha Patel |
| Ajay Ojha |
| Jonathon Tomlinson |
| Mareeni Raymond |
| Paul Kelland |
| Lucy O'Rourke |
| Jo Heyman |
| Leo Hussain |
| Mark Hindley |
| Juliet Brown |
| Michael Leonard |
| Clare Highton |
| Alex Kelly |
| Nick Brewer |
| Chuan Chor |
| Niifio Addy |
| Will Brook |
| Helen Drew |
| Milan Gangola |
| Ruth Silverman |
| Amir Eslami |
| Stephanie Coughlin |
| Haoli James |
| Paul Ugwu |
| James Melia |
| Emily Woolridge |
| Anchal Chopra-chhabra |
| Patrick Hutt |
| Shweta Tewari |
| Dominic Roberts |
| Isobel Baron |
| Sam Perrera |
| Jeni King |
|  |
| Abbas Jeraj |