

Wessex Trainee Wellbeing Workshops

HEE Wessex is proud to introduce a series of FREE workshops for Wessex Trainees, to help improve wellbeing throughout COVID-19:

Body, Mind and Spirit

Explore the coping styles, mind-sets, life-habits and work-practices which doctors can develop during their career.

Event dates & times:

[07 Oct \(3-6pm\)](#)

Building Self-Worth

Enhance wellbeing, resilience and stay on top of 'Inner Game' in these challenging times.

Event dates & times:

[14 Oct \(3-6pm\)](#)

Take a Break

Explore and share different methods to help alleviate stress, specifically Mindfulness Based Interventions.

Event dates & times:

[21 Jul \(2-5pm\)](#)
[01 Dec \(9:30am-12:30pm\)](#)

Your Relationship Eco-System

Explore how to engage intentionally with the most important relationship of all; your relationship with yourself.

Event dates & times:

[23 Nov \(9:30am-12:30pm\)](#)

For further information and to book:

Please visit www.courses.hee.nhs.uk and search for **Wellbeing** events within the **Wessex** organisation

Please only book onto a 'Trainees' event