

NWMLS

North Western Medical Leadership School



The Resilient Trainee A Leaders Priority

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Do trainees want to be resilient?

- Bounce back
- Emotional stability
- Clinically Sound
- Balanced
- Unafraid

Workshop

2 scenarios: 10 minutes each

Summarizing: 5 Minutes

Resources

Scenario 1

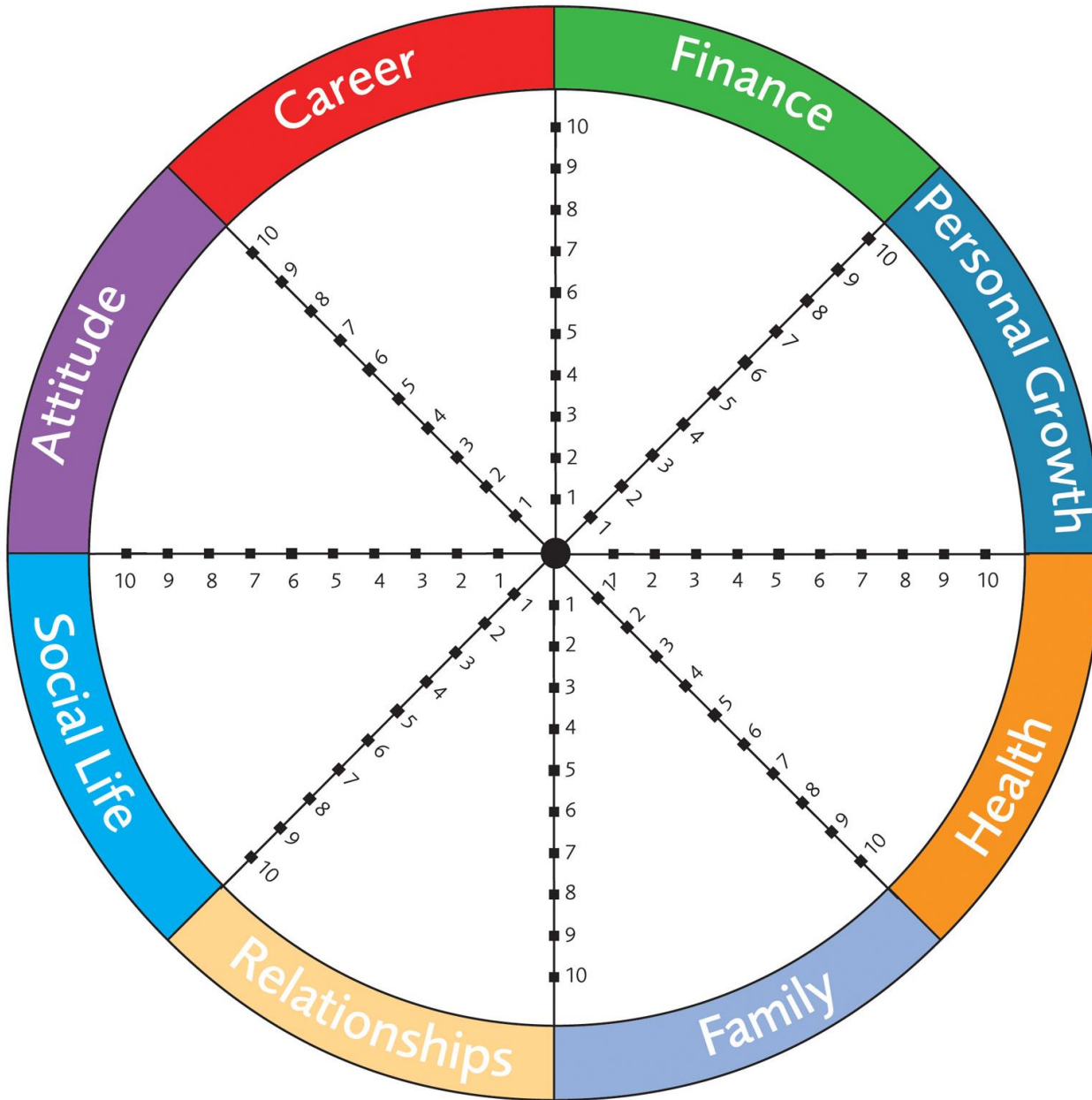
Career Resilience Work: Life Balance

An FY2 doctors has just rotated onto your firm for the last 4 months of their placement.

They are worried about applying for core training.

They feel overwhelmed by the workload. They mention in passing that they have to revise their answers for the interviews, go over their clinical knowledge and prepare a portfolio and feel worried its all becoming too much

They briefly mention about whether it's the right career: 'If I cant cope with this stress now, how on earth will I manage future stresses and preparing for more important interviews & exams as I progress in the career, not to mention I'm currently in the middle of buying a house and trying to put money aside to get married next year.



Scenario 2

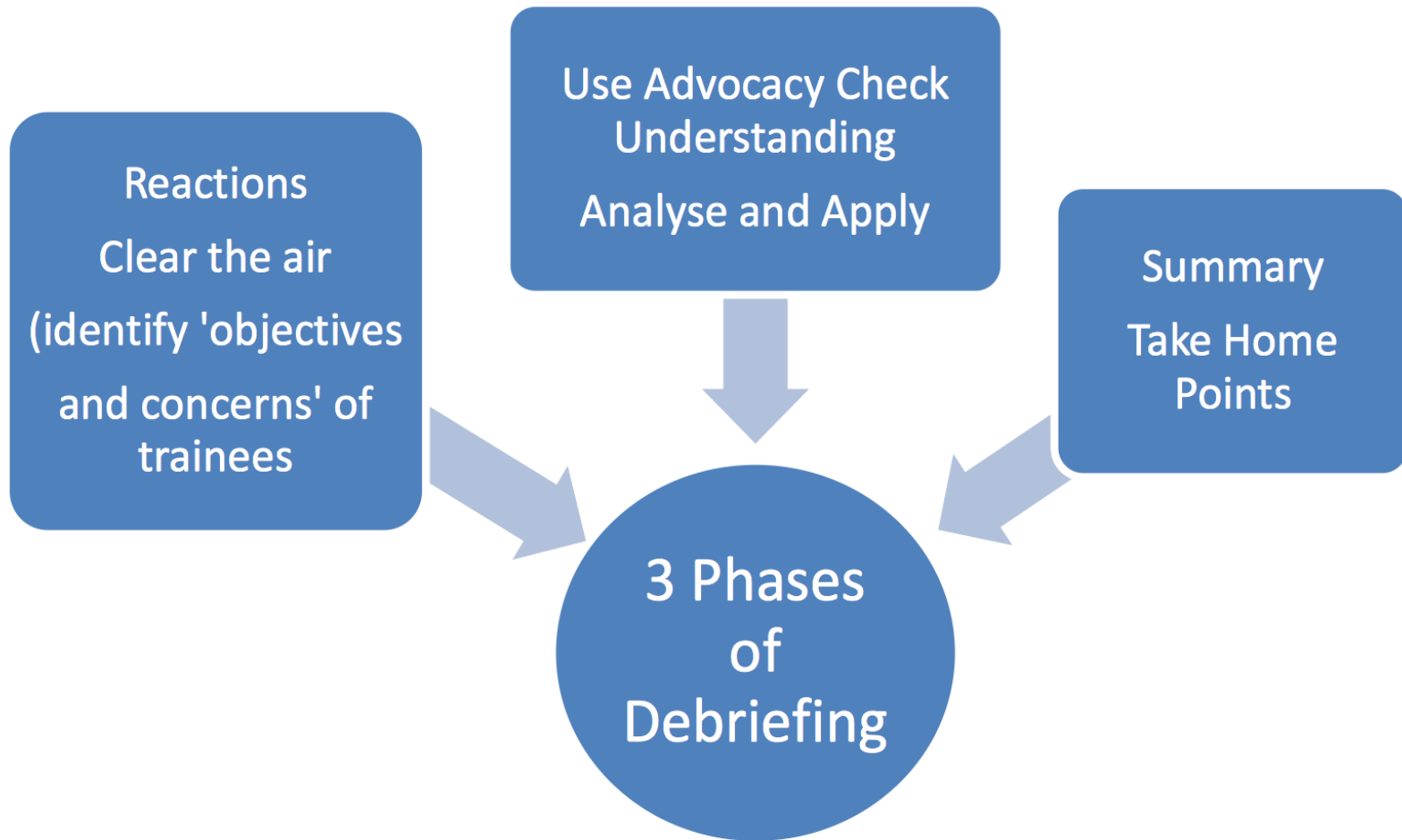
Working with Colleagues

A female ST3 has started on a surgical firm as her first rotation in august. She is always smartly dressed, professional and works hard.

She has been sensing some negativity from the nurses on the ward. She senses she is being undermined during the ward rounds and via non-verbal actions.

As a registrar she remains professional however she voices to a more senior registrar (an ST8) that she does not understand what she has/is doing wrong? Why wont the nurses work with rather than against her?

Debriefing Checklist



How do Seniors aid Resilience in trainees?





Bounce back, Be flexible & flourish

Useful Trainee Resources

- Faculty Medical Leadership and Management website
- Kings Fund
- DAPS Global
- Health Foundation
- IHI open school modules
- Leadership Academy – Edward Jenner programme