

Developing Resilience

Date: Tuesday 3rd November 2026 **Time**: 1:30 pm - 4:30 pm
Venue: https://us02web.zoom.us/j/83764473177 **CPD Points**: 3

Course Description

Designed for doctors who are expected to perform effectively in a highly demanding environment. This course is designed to help delegates understand how they can develop a resilient attitude to a range of scenarios that may have in the past created a high degree of anxiety.

Learning Outcomes

- Show how to develop levels of adaptability, flexibility & confidence
- Setting boundaries with your teams and identifying tools and techniques for improving your own regulation
- Explain the implications of bullying and harassment and how this impacts the team

Any questions, please email:
healthcare@maguiretraining.co.uk

This Programme Includes

- Understand how resilient attitudes and behaviours can be learned
- Developing the ability to bounce back quicker from adversity
- Build strong and supportive relationships with colleagues
- How can behaviour be perceived and how we can manage that
- What is banter and the difference between banter and bullying



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CONTINUAL & MEASURED IMPROVEMENT

CPD CERTIFIED The CPD Certification Service