

Late-Career GP Group Programme



The aims

- A supportive space to help you navigate the 'afternoon' of your professional life
- To provide you with an opportunity to explore yourself and your future
- Time to network with and learn from the collective wisdom of your colleagues
- To have fun, gain insights, make new friends and hopefully to finish the program happier and feeling excited about your future

How?

- Establish a group of late-career GPs, about 10 to 12 group members.
- Group led by an experienced GP and Coach (Dr Barbara Barton)
- The work of the group is determined by the group – this is not teaching!

The Programme

- Ten 90-minute supported peer sessions spread over 12 months. These will be virtual, via Teams or Zoom, and probably on a Wednesday evening.
- The agenda/topics will be set by the group.
- Sessions will be facilitated by a BSW mentor/coach (Dr Barbara Barton).
- We hope to finish the programme with a celebration meal together.

The People

- The late-career peer group is for qualified GPs who feel they are in the later stages of their career (e.g. over 50 or within 10 years of retirement).
- Group size of 8-12 max

The request

- Attend meetings wherever possible, respect/support each other. Relax and enjoy some time out with no pressure and no interruptions. We have an expectation that every participant will attend at least 8 of the sessions.

To apply contact jo.sinclair1@nhs.net