

Mid-Career GP Group Programme



The aims

- Facilitate development of new skills and ways of thinking about the challenges life throws at you.
- Leave you feeling happier with your work and your life.
- The opportunity to network with colleagues in a supportive environment.
- Think about new ways of working and your career in general.

How?

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

The programme

- Ten 90-minute sessions over a 1-year period. The group sets its own agenda as it goes along so you cover the things which matter to you. Sessions will be virtual, but we hope to finish the programme with a celebration meal together. The sessions will run mid-week on an evening. Depending on the agenda set by the group, external resources may be accessed.

The people

- The programme is for any qualified GP who is “mid- career” that is about 10 to 20 years into working as a GP. People currently out of the workforce/on a career break are also welcome e.g., ill health, parental leave, considering retiring/leaving. Partners, Salaried or locum GPs are all welcome.

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