

Mid-Career GP Peer Group 2025

If you are in the middle of your career as a GP and interested in meeting and working on self-development with colleagues at the same stage, then this might be the group for you. **Supportive, explorative and fun!**

Over a programme of **8 sessions** we will explore, using some online tools and small group discussions:

- **Self** – What makes me the person I am? What influences my behaviour and what might be holding me back? What is important to me and what is not?
- **Others** – Relationships, dealing with difficult people and how to set and keep boundaries
- **Work** – working in extended teams, goals, career planning (never too late!), leadership, meetings, when to change jobs
- **Life** – How to balance all the demands of mid-career and mid-life and remain sane, healthy and able to enjoy life.

These are big questions with no easy answers but exploring them in a facilitated small group with supportive peers might help shape your thinking and give you insights that allow change.

Each session will be 90 minutes long (online). There will be a few exercises that will need to be done before some of the sessions. These are all online and will not take more than 30 minutes each.

Coach/Facilitator: Dr Gareth Bryant

Provisional Dates (all Wednesday evenings):

- 23rd April 2025
- 21st May 2025
- 25th June 2025
- 23rd July 2025
- 17th September 2025
- 22nd October 2025
- 19th November 2025
- 17th December 2025

Expressions of interest: to Dr Jo Sinclair – jo.sinclair1@nhs.net

