

Professional Support and Wellbeing Service

Thames Valley

Bulletin June 2022

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CONTACT



WEBSITE:
thamesvalley.hee.nhs.uk/resources-information/professional-support-wellbeing

EMAIL: psw.tv@hee.nhs.uk

WELLBEING RESOURCE HUB:
www.tvpsw.com

Welcome

Welcome to the Professional Support and Wellbeing Service bulletin.

The PSWS works with doctors, dentists and pharmacists in training in the Thames Valley deanery. We are **a team of experienced, qualified coaches** from a **range of backgrounds**, some clinical and some non-clinical, offering a range of supportive services.

Survive and Thrive Wellbeing Programme

In 2020, we launched the **Survive and Thrive (SAT)** wellbeing programme. The morning of the course is an interactive opportunity to reflect on the individual stressors and stress responses of doctors in postgraduate training. In the afternoon doctors are joined by psychologists from the Oxford Cognitive Therapy Centre who provide practical strategies for managing mental well-being.

We are looking forward to seeing more doctors in postgraduate training at the SAT courses. **Please ask your programme organisers** (committee leads/ TPDs /Head of School) **to include this as part of their academic days.**

More information is available on this [link](#) or please email us on PSWinfo.tv@hee.nhs.uk to enquire further.

New coaches

PSWS has new coaches and we would like to welcome them to the team. You can find out more about our coaches in our dedicated [website page](#).



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PSWS Workshops

Leadership for Foundation and Core Trainees

Wednesday, 15th June, 9.00am - 11.00am

This workshop, aimed at Foundation Doctors and Core Trainees, will explore the way that teams work and reflect on different communication styles and their impact on the role of leader. Register on this [link](#).

Leadership for Registrars

Wednesday, 22nd June, 1.00pm - 3.00pm

The workshop, aimed at Registrars expecting to CCT in the next 2-3 years, will explore personal and cultural differences that impact the style and manner of leadership. Register on this [link](#).

Preparing for post CCT interviews

Wednesday, 29th June, 9.00am - 11.00am

This interactive workshop will explore the knowledge and skills needed to succeed in interviews for Consultant posts or Post-CCT Fellowships. Register on this [link](#).

Mindfulness Programme

All doctors in postgraduate training have now access to the new Mindfulness virtual drop in sessions. every **2nd and 4th Tuesday of each month** at **7.30pm**.



The sessions include simple guided mindfulness practices aimed at ways of finding focus and anchor and a sense of well-being in the midst of a busy or stressful life.

To register complete the sign up form [here](#). For more information please access the [PSWS events webpage](#).

Wellbeing resource hub

Thames Valley doctors in postgraduate training can access this [online hub](#) covering a range of social, emotional and physical wellbeing resources, available both locally and nationally. This is updated regularly by peers to ensure it remains relevant.