

Virtual Workshop

Finding balance in challenging times

Are you struggling to balance the demands of your role?

We are pleased to host a virtual workshop to be hosted by Dr Kate Little. She will explore with you how to try and keep buoyant in these challenging times.

All Sussex Primary Care colleagues are welcome to attend. When registering online, please choose the date that suits you .

Register online <https://bit.ly/3iYxHkX>



Supported by



Wednesday 10 November

1.00pm - 2.00pm

Tuesday 16 November

1.00pm - 2.00pm

Wednesday 24 November

1.00pm - 2.00pm

Hosted by:

Dr Kate Little

Clinician and clinical lead for NHS Practitioner Health, a service supporting the health of health professionals.