



Return to Work 'GP Survival Series' 2021

The Return to Work GP Survival Series aims to provide a four session programme packed full of top tips to get back into your role during COVID, stay afloat and help you make General Practice sustainable for the long term. As a large proportion of this group encompasses those on maternity leave each session starts with a 30 minute baby class which will roll into the main 'GP Survival Session'. There is the option to join for just the GP Survival sessions at the later start time, see below for details:

Session	Baby class	GP Survival Session	Registration
Session 1 Weds 10 February	10.00-10.30 Little Legs - Baby yoga	10.30-11.15 Return to work - Top Tips	Click to register for Session 1
Session 2 Fri 26 February	10.00-10.30 Little Legs - Baby sign	10.30-11.15 Staying afloat during COVID - maintain efficiency and avoid burnout	Click to register for Session 2
Session 3 Weds 3 March	10.00-11.15 Wellbeing Session - How to create your own personalised wellbeing action plan!		Click to register for Session 3
Session 4 Fri 12 March	10.00-10.30 Little Legs - Zumbini	10.30-11.15 Career Fulfilment and Sustainability - Carving the career path which works for you	Click to register for Session 4

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