



**Association
of Anaesthetists**

3 Day Mentoring Course - Birmingham

Thursday 28 February, Friday 29 March and Thursday 2 May 2019

Organisers: Drs Katy Miller, Dr Emma Plunkett, Birmingham, and Dr Nancy Redfern, Newcastle Upon Tyne

Location: The Birmingham Conference and Events Centre

Day 1 – Thursday 28 February 2019

- 09.00** **Registration, Tea and Coffee**
- 09.30** Welcome Introductions & Overview of the Day
- 10.00** What is Mentoring?
- 10.50** **Tea and Coffee**
- 11.05** Overview & demo of Egan’s ‘Skilled Helper’ Model
- 11.45** Non-verbal skills
- 12.00** Active listening - input, demo, skills practice, review
- 13.00** **Lunch**
- 13.40** Story and new perspectives - input, demo, skills practice
- 15.15** Plenary review
- 15.30** **Tea and Coffee**
- 15.45** Safe & effective practice – working agreements
- 16.15** Association of Anaesthetists Trainee Committee – what’s needed from the mentors
- 16.30** **Feedback & Close**

Facilitators: Emma Plunkett, Anna Costello, Katy Miller, Nish Sandrasegaram, Surrah Leifer, Tei Sheraton

Participants must be able to attend all 3 days of the programme



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Day 2 – Friday 29 March 2019

- 09.00** **Registration, Tea and Coffee**
- 09.20** Welcome, Introduction & Overview of the day
- 09.30** Stage 2; Introduction
Brainstorming Skills Practice – group work
- 10.00** Reminder of stage 1
- 10.20** **Tea and Coffee**
- 10.40** Stage 2: Possibilities and goal setting; input and demo
- 11.10** Skills Practice: Stage 1 to Goal Setting 1st & 2nd practice
- 12.45** **Lunch**
- 13.30** Skills Practice: Stage 1 to Goal Setting 3rd practice
- 14.15** Learning Review
- 14.30** Stage 2: Testing commitment; input, demo & skills practice
- 15.20** Tea and Coffee
- 15.40** Learning review including review of 'reflective practice' from day 1
- 16.00** Next steps: local Mentoring Schemes
- 16.30** **Feedback & Close**

Facilitators: Emma Plunkett, Anna Costello, Jenny Ferry, Nish Sandrasegaram, Surrah Leifer, Tei Sheraton, Alex Bonner

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Day 3 – Thursday 2 May 2019

- 09.00** **Registration, Tea and Coffee**
- 09.30** Learning Review including review of 'reflective practice' from day 2
- 10.10** Stage 3 Input & demo
- 10.30** Stage 3 group work in trios
- 11.00** **Coffee available** – continue group work!
- 11.00** Stage 3 group work in trios
- 12.50** **Lunch**
- 13.30** Learning review
- 14.00** Taking the local scheme forward
- 14.40** The model in 10 questions – developing as a mentor
- 15.10** **Tea and Coffee**
- 15.35** Safe and effective mentoring – managing endings
- 16.15** Programme evaluation
- 16.30** Close

Facilitators: Emma Plunkett, Jo Mackie, Emily Johnston, Jenny Ferry, Nish Sandrasegaram, Tei Sheraton, Alex Bonner

Participants must be able to attend all 3 days of the programme