



Workshop name

Mastering Work/Life Balance

Practical, proven techniques to help tip the balance in your favour

Target audience

General Practitioners & Specialists

Duration

3 hours

Format

Workshop with short lectures, reflective exercises, small group facilitated discussions, group activities, rehearsal of skills.

Brief didactic presentations will provide the focus for small group sessions in which Participants are able to share experience and pool knowledge, enabling critical comparison of their skills with their peers and peer learning. Videotaped case vignettes will be used to enable Participants to analyse and reflect upon their own skills. The format has been carefully structured to enable a mix of lectures, discussion, critical reflection and evaluation.

Number of participants

Optimum 7-15

Minimum 5

Maximum 25

CME

Refer to College Accreditation and Points Document at www.cognitiveinstitute.org or email enquiries@cognitiveinstitute.org

Presenter

All presenters of Cognitive Institute workshops are Doctors who have a specific interest in communication skills and have undertaken formal communication skills training with the Institute.

Objectives

- Challenge Doctors to look at their attitudes towards their own health and personal needs
 - Develop an understanding of ways to make positive changes
 - Practice specific skills and techniques to enhance change
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Overview

Many clinicians report that they struggle to get the balance between work and the other important aspects of life right.

Juggling the need to attend to family, find appropriate time for leisure and keep enthusiasm for work high can be a challenge when demand for services is climbing, on-call rosters can place an onerous burden on lifestyle, and shortages of medical workforce place enormous pressures to maintain services for patients in need.

This workshop identifies the challenges that clinicians face in getting this balance right.

An analysis of the literature clearly outlines the specific risks that clinicians face when they try to address this challenge from their patients' and society's perspective. In addition, the workshop analyses the specific mental health problems that the literature identifies clinicians to be at particular at risk of should they not achieve the correct balance over their working life.





“Burnout” is a commonly used phrase and the workshop reviews the specific factors in clinicians that may predispose them to not achieving the correct balance and subsequently be at risk of “burning out”.

Participants will also have the opportunity to reflect on the causes of happiness and fulfilment in life before an examination of the options that a busy clinician faces in starting to address the balance should they feel that they have not got it quite right.

In addition, a very specific discussion will focus on the practical barriers that are faced with when trying to start addressing any imbalance, and then examine strategies that may be successful in overcoming those barriers.

The Cognitive Institute’s “Finding 30 Minutes” model will then be presented to help draw together the theory and reflection into a practical set of goals and practical steps that can assist every clinician to start the journey to change the following day.

Through the exercises, lectures and reflections in the workshop, participants will come away with a clarification of their goals and priorities in respect to work/life balance, an insight into the benefits of such a clarification and an achievable plan to begin immediately implementing any change that they feel is important in their life.

Doctor health statistics

The medical profession is prone to:

- Suicide - 3x (male) & 3.5x (female) the risk of general population and 3 times the risk of other university graduates
- Alcoholism - 1 in 30 Doctors has a significant problem with alcohol
- Narcotic drug abuse - 1 in 100 Doctors

At any one time:

- 1 in 5 Doctors will have a marital disturbance
- 1 in 6 Doctors will have an emotional disorder
- 1 in 4 Doctors will have a condition warranting ongoing medical care

Self prescription among Doctors:

- 82% antibiotics
- 24% sleeping tablets
- 4% antidepressants
- 3% narcotic analgesics

Only 40% of Doctors have their own Doctor

More specialists have a Family Doctor compared with Family Doctors themselves

Family Doctors are more likely to self medicate than specialists

These studies quoted are primarily from English speaking, first world countries where there is a significant similarity in statistics around the issues of physician’s health.

