**Presentation title**

Helping on Empty

**Presentation outline**

A fundamental reason for working as a GP is the desire to help those suffering. However, it is that empathic response that can create the most significant risk of Burnout, Compassion Fatigue and Vicarious Trauma.

Furthermore, we know that the burgeoning red tape and responsibilities contribute to stress and impact the performance of doctors resulting in poorer health and medical errors.

This interactive 4.5hr workshop aims to reinvigorate your passion to work in your chosen field and re-experience the satisfaction of helping those in need. We will:

* Identify the signs of Burnout, Compassion Fatigue and Vicarious Trauma
* Learn how your values impact your fatigue
* Address your helping mindset
* Learn skills to clinically but compassionately distance yourself from the work
* Practice mindfully
* Apply self-awareness tools to your daily work
* Understanding the ABCs of resilience

**Learning outcomes**

1. Assess the barriers for doctors engaging with peers as patients.
2. Discuss the challenges associated with mandatory reporting.
3. Assess personal mental health and strategies such as mindfulness to maintain well-being.
4. Evaluate the effectiveness of mindfulness as a strategy for managing personal health and wellbeing.