

Wellbeing conference



GPMPLUS

Click [here](#)
to book now
Tickets £30pp

Wednesday 18 October, 9.30am - 4pm

The Old Swan, Harrogate, HG1 2SR

Book your place today at the GPMplus wellbeing conference. This one-day event, for all members of the practice team, includes a choice of workshops, each offering practical tips. The day will also offer chance to hear more information about the range of wellbeing services offered by GPMplus as well as a speech from Dr Zoe Watson from Well Good Wellbeing

Agenda for the day

- 9.30am** Registration and networking
- 10.00am** Conference opens
- 10.05am** Introduction into wellbeing & resilience in General Practice
- 10.35am** Workshops – option 1
- 11.35am** Break
- 12.00pm** The GPMplus Offer: what is available to support your teams
- 12.30pm** Workshops – option 2
- 1.30pm** Lunch and networking
- 2.15pm** Workshops – option 3
- 3.15pm** Keynote from Dr Zoe Watson, Well Good Wellbeing
- 3.55pm** Conference close

A link will be shared to allow you to pre-book your preferred workshop options

Ample free parking is available at the venue

Keynote speaker:

Dr Zoe Watson

Well Good Wellbeing



“I have worked as a doctor in the NHS for 16 years. In those 16 years, I have never had access to any formal or consistent programme that looks after my wellbeing. As NHS workers, we spend our whole lives looking after the health and wellbeing of others. And yet – consistent staff wellbeing programmes are a rare thing indeed”.

Our workshops

- Introduction to functional breathing
- Neurodiversity
- Personal resilience
- Mindfulness through scent
- Singing for health & wellbeing
- Tiny Habits
- Beauty in the everyday



About our workshops

Introduction to functional breathing

Facilitated by Dr Louise Oliver

Are you experiencing: stress or excessive breathlessness? Do you have poor sleep, snore, noisy breathing at night? Breathing is generally an automatic process, however it isn't automatically efficient. Improving how efficiently you breathe when awake, asleep and moving improves sleep, stress resilience and reduces breathlessness with movement.

Feedback from individuals who have improved their breathing efficiency:

"The quality of my sleep is so much better, I can recognise and then control the onset of anxiety and feel so much more capable of dealing with life's curved balls. It's even helped my running!"

"I have stopped waking at night with problems with my breathing."

About Dr Louise Oliver

"I qualified as a doctor in 1998 and have worked as a GP in the NHS since 2003. My daily yoga, meditation and breathing practice has significantly improved my focus, concentration, energy levels, quality of sleep, ability to exercise, appreciation for life and stress resilience. Working as a Functional Breathing Practitioner & Therapeutic Life Coach provides me with the time and space to really make a significant impact on the physical and emotional wellbeing of my clients, as well as maximising their potential."



Dr Louise Oliver

Neurodiversity workshop

Facilitated by Dr Danielle Hann & Dr Lucy Clement

Join us for a conversation and workshop about neurodiversity and how we can better understand all our differences, challenges and strengths, for the benefit of the whole workforce.

We will learn about

- Neurodiversity
- Celebrate our differences
- The benefits of embracing strengths of colleagues within teams
- Supporting people to reach their full potential

About Dr Danielle Hann

Danielle is a GP in Bradford and LMC Medical Director and Deputy Chair of Bradford branch. She is a wellbeing lead within GPMplus, alongside other roles of mentor and appraiser. She has become more and more interested in neurodiversity, especially within the general practice workforce, and how we can all support teams with a more inclusive culture.

About Dr Lucy Clement

Dr Lucy Clement is a GP in Leeds who has been on her own personal discovery over the four years since realising she is neurodivergent, now with confirmed diagnoses of ADHD, Dyslexia and Autism. She is passionate about raising awareness around Neurodiversity, and helping workplaces to understand neurodivergent people, from both a strengths and challenges perspective. She is also a Leeds LMC Officer and Leeds ICB Clinical Lead for Neurodiversity.



Dr Danielle Hann



Dr Lucy Clement

About our workshops

Personal resilience workshop

Facilitated by **Dr John Bibby & Dr Jonathan Dixon**

This workshop will provide you with an introduction on how you can improve your personal resilience, and you will leave with a personalised resilience action plan. Areas covered in the workshop will include:

- How to recognise increases in stress levels and burnout
- Practical tools that will aid your resilience, through developing practical habits that you can use during your working day.

About Dr John Bibby

John was a GP Partner in a large practice in North Bradford for 31 years. Currently he is a GP Appraiser & Appraisal Lead for NHSE and Wellbeing lead for GPMplus. John has been involved in education throughout his career, both undergraduate and postgraduate, having been a GP tutor, GP trainer, and VTS course organiser. Over the years he has been a board member of various organisations including PCT, CCG, and CSU and the National Association of Primary Care Educators.

About Dr Jonathan Dixon

Jonathan is a Partner in a training practice in Bradford. He is a GP Appraisal Lead and an Associate Medical Director (GP Support) for NHS England and the Mentoring Lead for GPMplus. He is passionate about helping primary care organisations create the conditions where healthcare providers flourish and believes strongly that team members must provide good care for each other first, before they are able to provide good quality care for patients.



Dr John Bibby



Dr Jonathan Dixon

Mindfulness through scent

Facilitated by **Dr Zoe Watson**

Come and explore the fascinating connection between our olfactory systems and our emotions. Why do certain smells evoke such powerful emotions and memories? And can we use this phenomenon to our advantage to deliberately create a scent that we associate with feeling relaxed? During this workshop we will: discuss some scent memories from our lives; reflect on the power of scent to influence mood; make a bespoke essential oil blend; meditate using the bespoke scent we've created to promote a sense of relaxation.



Dr Zoe Watson

About Dr Zoe Watson

"I've worked as a doctor in the NHS for 17 years and in that time I've had my fair share of ups and downs. Over the years, whenever I have struggled with my mental health – I've turned to things like creativity, music, comedy and funny animal videos on YouTube to try and get me through. And I wanted to create a place that offers all of that and more."

The [Wellgood Wellbeing](#) platform is unlike any other wellness website out there. This is wellbeing done right – with a huge scoop of fun, a side order of evidence-based medicine and a large dollop of inclusivity, accessibility and zero-judgement.

About our workshops

Singing for health & wellbeing

Facilitated by Sophie Wallace & Keely Hodgson

Delivered by Bring Me Sunshine, this workshop will help you explore how strings and song can aid your health and wellbeing. The workshop will include:

- Guided relaxation with music
- Gentle meditative song
- Awareness of how our bodies are feeling/posture
- Abdominal breathing
- Using the breath in song
- Singing in a round/mash up/ upbeat songs
- Box breathing technique



Sophie Wallace and Keely Hodgson

About Keely Hodgson

Keely Hodgson is a professional musician, composer, arranger and [Natural Voice Practitioner](#) who leads community choirs. She has worked in Primary and Special School settings and with adults with learning difficulties. She plays guitar, cello and sings with the Bring Me Sunshine Trio who take interactive workshops into care homes. She also leads Heart & Soul Singing Retreats in the Yorkshire Dales.

About Sophie Wallace, RGN, MSc Advance Practice

Sophie has 30 years' experience in Intensive Care nursing, and more recently in General Practice. Her passion for music and health led her to complete her dissertation on whether music can reduce delirium in critical care patients, inviting musicians onto the unit and witnessing the changes this made.

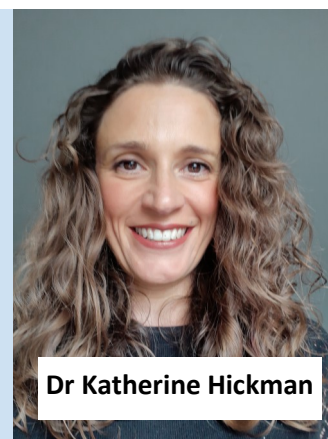
Keely and Sophie began Singing for Lung Health in 2022 for people living with chronic lung disease and is also part of the Bring Me Sunshine Trio, taking music into care homes and schools, or individuals in their homes.

Tiny Habits

Facilitated by Dr Katherine Hickman

In this workshop, you'll discover that BJ Fogg's scientifically established system of behaviour change, as coached by Katherine, will help you build extraordinarily strong habits and achieve previously unattainable results. This workshop is for anybody wanting to build strong positive habits quickly and effectively, in all areas of their lives. You'll find out how:

- Implementing the Tiny Habits® method will see dramatic changes in your life
- Creating new habits is easy when you know how
- Emotions create habits
- Behaviour change is a skill you can learn quickly and you don't have to rely on willpower or motivation.
- You can build multiple new habits at the same time



Dr Katherine Hickman

About Dr Katherine Hickman

Dr Hickman is a GP Partner working in Bradford, Respiratory Lead for West Yorkshire and Chair of the Primary Care Respiratory Society. She is a certified Tiny Habits® Behaviour Change coach and GP mentor. After a period of burnout six years ago, she has come to understand the importance of prioritising herself first, before others, which can be a hard, but vitally important concept to get to grips with. In her spare time, she enjoys time with her three kids, camping, cooking, swimming and yoga.

About our workshops

Beauty in the everyday: a moment to pause, connect with nature and appreciate

Facilitated by Dr Alison Smith

The human soul is hungry for beauty; we seek it everywhere - in landscape, music, art, clothes, furniture, gardening, companionship, love, religion, and in ourselves.

When we experience the beautiful, there is a sense of homecoming.

John O'Donohue



Dr Alison Smith

Purpose of the session: to feel grounded, connected to nature, each other and ourselves and to notice and appreciate the beauty around us.

Join me for an hour of creativity and calm contemplation as we connect with nature and take time to appreciate the beauty of flowers and natural elements around us. Enjoy a moment to pause and escape the noise, to slow down and observe.

The session will be conducted in a Thinking Environment. After years of research and observation Nancy Kline, founder of Time to Think®, recognised that we generate our best thinking if the people around us behave in certain ways. It is the most effective, simple way I have yet discovered which allows every person to think for themselves, as well as for groups of people to come together, think creatively and share knowledge respectfully.

Experience how noticing nature can be a powerful tool for wellbeing of body, mind and soul.

About Dr Alison Smith

Dr Alison Smith has been a coach for five years and in that time has worked with well over one hundred clients, the majority being doctors and other professionals working within healthcare. She holds an ILM 5 Diploma in Coaching and is a [Time to Think](#) certified coach. Much of Alison's coaching takes place outdoors in nature, which provides a wonderful sense of equality, ease and perspective for her clients.

Alison has enjoyed a rich and varied career in the NHS prior to training as a [coach](#), and was a GP for many years. She is founder of [Earth and Bloom](#), a place to enable people to ground, connect and flourish. Through one to one coaching, small group gatherings and retreats, she creates a space that is free from rush or urgency, where we can all do our best thinking. Find out more <https://www.earthandbloom.uk/>

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