



Striking the Balance:

Tuesday 30 November 2021

Location: Online **Fee:** Member £60, Trainee £45 **CPD:** 3

Clinical Content Leads: Dr Sarah Marsh & Dr Kate Flavin, Dr Ingi Elsayed, Dr Christine Watson and Dr Liz Thomas

This event will discuss aspects of working in critical care which can prove the most challenging – the so-called “soft skills”. We are thrilled to present our digital version of Striking The Balance for 2021 featuring lectures on Imposter Syndrome, Psychological safety, Microaggression and finding the Joy in ICM.

09.05–09.15	Log in and network checks	
09.15–09.30	Welcome	Dr Sarah Marsh
09.30–09.55	Psychological safety	Dr Polly Fritch
09.55–10.20	Difficult conversations/managing conflict	Dr Dan Harvey
10.20–10.45	Microaggression	Dr Rosie Baruah
10.45–11.00	Live Q&A interactive session	
11.00–11.30	Break	
11.30–11.55	Imposter syndrome	Sarah Bramall
11.55–12.20	Life-long intensive care	Dr Roisin Haslett
12.20–12.45	Finding the joy in ICM	Dr Ross Paterson
12.45–13.00	Live Q&A interactive session	
13.00	Close	Dr Sarah Marsh

PLEASE NOTE: programme is subject to change