

Thursday 7 October

## Career Essentials

TRILOGY OF PERFECTIONISM, PROCRASTINATION & IMPOSTER SYNDROME From a Perfection to Progress Mindset	10:00 - 11:00
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Finding work life balance: how to manage your time	11:30 - 12:30
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How to write an eye-catching CV and Application Forms	13:00 - 14:00
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How to have a career that you love	14:30 - 15:30
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Interview skills - interactive session	16:00 - 17:00
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## Broadening Horizons

The journey into UK practice - support for IMGs sponsored by GMC	10:00 - 10:45
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Careers in Psychiatry sponsored by The Royal College of Psychiatrists	10:45 - 11:00
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Nova Scotia. Practice Great Medicine. Live a Great Life sponsored by Nova Scotia	11:30 - 12:00
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The Isle of Man - the career decision that changed our lives sponsored by Manx Care	12:00 - 12:30
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TBC	13:00 - 13:30
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TBC	13:30 - 14:00
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Practice in Saskatchewan, Canada: What You Need to Know sponsored by Saskdocs	16:15 - 17:00
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Careers for Doctors in the Pharmaceutical Industry sponsored by ABPI	14:30 - 14:45
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Meet Triple0 sponsored by Triple0 Medical Recruitment	14:45 - 15:00
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Introduction to Cruise Ship Medicine sponsored by Carnival UK	15:00 - 15:15
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Session sponsored by British Pharmacological Society	15:15 - 15:30
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## Clinical Updates

Trending Topics in Cardiology	14:30 - 15:30
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## General

Morning Yoga	08:00 - 08:30
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Keynote: Looking after each other, the importance of doctors' wellbeing	09:00 - 09:45
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Exhibition live	14:00 - 14:30
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Exhibition live	15:30 - 16:00
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Exhibition live	17:00 - 18:00
Keynote: Long Covid: multidisciplinary perspectives of a multisystem condition	18:00 - 19:00
Exhibition live	11:00 - 11:30
Exhibition live	12:30 - 13:00
Exhibition live	09:45 - 10:00

Friday 8 October

## Career Essentials

Practical steps to balancing your wellbeing	10:00 - 11:00
The trouble with conflict in your team may be that there's not enough of it	13:00 - 14:00
Career pathways and interview techniques for International Medical Graduates (IMGs)	11:30 - 12:30
How to prevent conflicts	14:30 - 15:30
How to Thrive	16:00 - 17:00

## Broadening Horizons

#ThatsWye - sponsored by Wye Valley NHS Trust	10:00 - 10:30
Careers for health care professionals in Biopharma sponsored by Bristol Myers Squibb	10:30 - 11:00
Job Opportunities at The Shrewsbury and Telford Hospital NHS Trust	11:30 - 12:00
Why are GPs making the move to the Isle of Man? sponsored by Manx Care	12:00 - 12:30
Relocating to Australia/New Zealand - Junior Doctor Opportunities (PGY3-PGY6) sponsored by Head Medical	13:00 - 13:30
TBC	13:30 - 14:00
Nova Scotia. Practice Great Medicine. Live a Great Life sponsored by Nova Scotia	16:00 - 16:30
Relocating to British Columbia (BC), Canada: What You Need to Know - sponsored by Health Match BC	16:30 - 17:00
Careers in Emergency Medicine sponsored by Royal College of Emergency Medicine	14:30 - 14:45
 <b>Clinical Updates</b> 	
Trending Topics in Diabetes	14:30 - 15:30

## General

Morning Yoga	08:00 - 08:30
Keynote: A Double Pandemic: The Psychological Impact of COVID-19	09:00 - 10:00
Exhibition live	11:00 - 11:30
Exhibition live	12:30 - 13:00
Exhibition live	14:00 - 14:30
Exhibition live	15:30 - 16:00
Exhibition live	17:00 - 18:00
Keynote - Climate action for health	18:00 - 19:00

Saturday 9 October

## Career Essentials

Top tips to preventing and overcoming moral injury and burnout	10:00 - 11:00
Setting yourself up to succeed	13:00 - 14:00
35,000 Feet. What's Stopping you Landing? SAS/Specialty Doctor Transformation Development Programme	14:30 - 15:30

Just give me the facts! The neuroscience of wellbeing 11:30 - 12:30

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## Broadening Horizons

Living and Working in Rural Alberta sponsored by Alberta Health Services 10:00 - 10:45

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TBC 10:45 - 11:00

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Nova Scotia. Practice Great Medicine. Live a Great Life sponsored by Nova Scotia 11:30 - 12:00

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Opportunities to be part of our New Frailty Project in Bromley sponsored by King's College Hospital NHS 13:00 - 13:30

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TBC 13:30 - 14:00

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Session sponsored by Royal Devon & Exeter 14:30 - 15:00

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## Clinical Updates

Trending Topics in Managing Older Patients 14:30 - 15:30

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## General

Morning Yoga 08:30 - 09:00

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Keynote: Careers in the time of Covid: Getting clear on what you want	09:00 - 09:45
Exhibition live	11:00 - 11:30
Exhibition live	12:30 - 13:00
Exhibition live	14:00 - 14:30
Exhibition live	15:30 - 16:00
Keynote - Hot Topics you might have missed during the pandemic	16:00 - 17:00
Event ends	17:00 - 19:00