



21 February 2008

Aims / Objectives:

VTS Curriculum
Time Management-techniques
Relaxation techniques
Self help

Comments / Feedback

Well prepared presentation
Useful relaxation techniques. Useful to know what to put in GP bag.
Good Presentation
Very good presentation – some useful information. Useful revision of doctor's bag. Very helpful to discuss CSA preparation.
Fun discussions regarding stress and relaxation.
Useful, although maybe more detail on uncertainty would be useful
Good discussions about time management, but there were conflicting views and we didn't resolve this. The stress talk was interesting, susceptibility to stress questionnaire a good idea.
Useful tips to identify stress in our self. Good discussion about CSA.
Very good session. Well presented.
Good slides. Yoga session very good! Scenarios were thought provoking. Interesting session.
Good session. Good topic regarding paper reading.
Good group interaction with first session. Updated knowledge of criticizing papers.
Made me realize how stressed I am!!
Really good.
Relaxation very good. Overall very good. Would be useful to have the management consultant to give a talk as on outside expert.
Very good.
Some good advice about looking after ourselves. Some useful tips on time management.

Trainers

Very useful to identify self-help resources.

Kathy - Again a very clear presentation well researched and good intro.

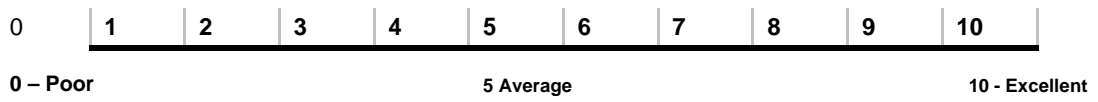
Rachel, Collette, Vicki – Good verbal overview but written overview with aims and objectives would have been helpful.

Rachel: Time Management. Good slides. Good use of written notes – but switch between written notes and audience **not** written notes and screen. Provided a lot of discussion so obviously pertinent. Lots of useful tips.

Vicky – Nice slides. Good reference to what you need to know for exams.
Vicky talks to audience but use notes in front of you rather than looking at slides as well.

Collette – Again good slides. Good overview of what she was going to cover. Useful handouts.
Good coverage of topics.

ASSETT model asked to assess stress in practice.



Name (Optional)