



## PLT SESSION

**Date:** Tuesday 05<sup>th</sup> March 2024

**Time:** 12:30pm – 5:30pm

**Venue:** The Shay Stadium, Shaw Hill, Halifax, HX1 2YS

### AGENDA

12:30 – 1:00	Registration, Lunch and Refreshments	
1:00 – 1:10	Introduction and Welcome: <ul style="list-style-type: none"> <li>• Update</li> <li>• Aim of the Session / Questions</li> </ul>	Marcus Beacham <b>Director of Operations – Calderdale LMC Ltd</b>
1:10 – 1:30	<u>Dermatology</u> <ul style="list-style-type: none"> <li>• Dermatology Quiz</li> </ul>	Dr Seema Nagpaul <b>Portfolio GP</b>
1:30 – 2:45	<u>Wellbeing</u> <ul style="list-style-type: none"> <li>• Self-Exploitation</li> <li>• Emotional Intelligence</li> <li>• Finding Your Resilience</li> </ul>	Will Clement <b>Associate Tutor (InPD) &amp; Managing Director at Clement Leadership</b>
<b>BREAK / INTERVAL</b>		
3:00 – 4:00	<u>Wellbeing</u> <ul style="list-style-type: none"> <li>• Recognising and dealing with “Burn Out”.</li> <li>• Implementing Change</li> </ul>	Will Clement <b>Associate Tutor (InPD) &amp; Managing Director at Clement Leadership</b>
<b>BREAK / INTERVAL</b>		
4:00 – 5:00	<u>GPM Plus</u> <ul style="list-style-type: none"> <li>• Bite sized courses – Interactive Taster Session</li> </ul>	Dr John Bibby & Dr Jonathan Dixon <b>YOR LMC</b>