



TIME		Registrars Afternoon Program FRIDAY 30 MAY 2025	
<i>Please note – this program is preliminary and subject to change</i>			
13:00	13:30	<b>Arrival &amp; Tea, Coffee, and Refreshments</b>	
13:30	15:00		
13:30	14:15	<b>Making the Most of your Registrar Years - Getting Exam Ready</b> How to use your Registrar training time effectively. General approach, what to read, best ways to study for you. The ethos of the Final exam, the written exam design. How to answer essay questions, what do individual Examiners say about how to write a good essay question, what about the MCQs. What is expected in the Viva examinations, what makes a good/excellent viva candidate. What happens if you fail, Work-Life Balance.	<b>Dr David Burdon Jones</b>
14:15	15:00	<b>Tips on Exam Preparation and Study Strategies that Work</b> Includes the scientifically proven ways to study and test in the weeks before the exams, and then the ideal way to maintain focus on exam days from the time you awake until you finish the last question.	<b>Dr Patsy Tremayne</b>
15:00	15:30	<b>Afternoon Tea</b>	
15:30	17:00		
15:30	16:15	<b>Topic TBA</b> TBA	<b>Dr Esther Freeman</b>
16:15	17:00	<b>Beyond Burnout: Practical Strategies for Sustainable Success</b> This engaging and interactive workshop is designed for busy doctors navigating the high-pressure realities of clinical practice. Participants will gain a deeper understanding of the emotional and ethical toll of their work while focusing on practical strategies to protect their wellbeing.  By the end of this session, you will: 1. Recognise the Differences: Distinguish between burnout, compassion fatigue, and moral injury. 2. Identify Risks & Solutions: Learn the key risk factors for burnout, compassion fatigue, and moral injury, alongside practical strategies to combat them. 3. Overcome Barriers to Self-Care: Explore the real-life challenges that prevent busy doctors from prioritising their wellbeing and develop actionable solutions to integrate self-care into your routines.	<b>Dr Ira van der Steenstraten</b>
17:00		<b>Finish</b>	