

# Survive and Thrive

AT THE VIRTUAL

## Doctors' Mess

### Would you like to:

- Talk, share, offload?
- Enhance your wellbeing?
- Keep your energy and motivation?
- Give yourself space to plan and prioritise?

We are a group of compassionate and positive medical educationalists, coaches and appraisers running weekly small groups and occasional workshops on Zoom to help doctors to flourish.

**Every Wednesday 18:30 - 19:30**

Email [contactdoctorsmess@gmail.com](mailto:contactdoctorsmess@gmail.com) with your name and GMC number if you would like to join this completely *confidential* meeting place. You will then be sent an Eventbrite invite. Please register to get a ZOOM link . If you join us, please do not share the link but ask others to email in themselves.



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