



**MANAGING MYSELF – MAXIMISING MY PRACTICE
PROGRAMME (SUBJECT TO CHANGE)**

09.30am	Welcome – technical tips from Jeremy
09.35am	Meet your Buddy Group (5 mins)
09.40am	<u>Session 1</u> : Stress and The Wheel of Life
09.55am	Demonstration – Mary
10.00am	Practical Exercise: Your own Wheel of Life
10.05am	Buddy Groups (15 mins)
10.20am	Break (5 mins)
10.25am	<u>Session 2</u> : Maximising My Practice
10.45am	Buddy Groups (15 mins)
11.00am	Break (5 mins)
11.05am	Comments and Questions (10 mins)
11.15am	<u>Session 3</u> : Managing My Emotions
11.30am	<u>Session 4a</u> : Managing Time, Managing Change Video – Self Management
11.50am	Break (5 mins)
11.55am	<u>Session 4b</u> : Managing Time, Managing Change including interview with Masha
12.15pm	Buddy Groups
12.30pm	Comments and Questions
12.40pm	<u>Session 5</u> : Maximising the Future
12.50pm	Say Goodbye to your Buddy Group
12.55pm	Resources and Information
13.00pm	Finish