

wow

**working
out
wellbeing**

IS BACK!

**A training day dedicated to the wellbeing of
the anaesthetic and critical care workforce**

**JUNE 20, 2025
FRIDAY | 9-4PM**

The Catalyst | Newcastle upon Tyne



**Dr Richard Duggins
Burnout-Free working**



Tales from the Frontline

Regional wellbeing projects, Panel discussion

**Workshops including: Yoga, Soul-singing with
singer/songwriter April Bensley, Communicating with
confidence, Neurodiversity**

Approved for 5 CPD points

£100 for medical staff

£50 for non-medical staff (via b.sladdin@nhs.net)

AiNE

Book via www.a-line.org.uk/events/wow---working-out-wellbeing/