

# Promoting resilience: latest fad or realistic educational target?

Andrew Teodorczuk<sup>1,2</sup>, Kwong Chan<sup>1,2</sup>, Linda Humphreys<sup>1,2</sup>, Richard Thomson<sup>3</sup>, Gary D. Rogers<sup>1,2</sup>

<sup>1</sup>Health Institute for the Development of Education and Scholarship (Health IDEAS), Griffith University, Queensland, Australia

<sup>2</sup>School of Medicine, Griffith University, Queensland, Australia,

<sup>3</sup>School of Medical Education, Newcastle University, UK

## **Introduction:**

Promoting resilience amongst students is topical in the medical education community. This is due to the high levels of burn out amongst students and trainees and associated impact on student health and patient outcomes. Furthermore the financial toll to individuals and society is high.

## **Purpose and outcomes:**

The purpose of the workshop is to increase delegate understanding of resilience and upskill delegates in approaches that will improve educational practice. This will be achieved by showcasing the use of Balint groups and reflective writing as two different approaches to improve resilience. By the end of the workshop delegates will be in a position to implement novel approaches in their workplace.

## **Issues for exploration:**

We will explore what we mean by resilience and nest approaches to promote resilience within the broader literature on reducing burn out. The relative contribution of tackling resilience in isolation will be debated and impact of two contrasting approaches evaluated.

## **Outline of workshop activities:**

Interactive "picture gallery" exercise encouraging delegates to move around the room and identify a controversial statement relating to resilience that with which most identify, discuss with their neighbours and defend this viewpoint to the wider group.

Snowball small group work to develop strategies to overcome burnout in participants' own settings.

Presentation of work to wider group.

To sustain learning, delegates will complete an action point or pledge to send on a post card to change practice that will be sent out to delegates 3 months after the workshop.