

Wellness and Wellbeing – Thursday 03 December 2020

Dr Emma Vaux

Dr Emma Vaux is a Consultant Nephrologist and General Physician at the Royal Berkshire NHS Foundation Trust. She is clinical lead of the Berkshire Kidney Unit, Clinical Director of Integrated Medicine A, and Medical Associate Director for Patient Safety at her trust. She is immediate past Senior Censor and Vice President (education & training) at the Royal College of Physicians (RCP), and is now RCP Chief Examiner. She is co-Chair of the Academy of Medical Royal Colleges Joint Academy Training Forum. She is a Generation Q Fellow with The Health Foundation and a founding Q member.

Learning Objectives

- Explore how we get to know ourselves and what we can do to look after ourselves
- Recognise possible triggers that impact our wellbeing in the workplace - the individual, the team, the organisation
- Describe how to open up a conversation about wellbeing with others
- Identify how to get help when it is needed
- Identify what solutions may help improve workplace wellbeing

