



Survive and Thrive

Join a 'Doctors Mess' during COVID -19

Would you like to:

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

We are a group of compassionate and positive medical coaches leading workshops on Zoom every Tuesday at 3.30pm - 4.30pm and Thursday 6.30pm – 7.30pm starting on Tuesday 28th April.

You just need a link to Zoom. It's free, encrypted and available on your smart-phone or computer.

Email contactdoctorsmess@gmail.com with your GMC number, name and email to be linked to this completely **confidential** meeting place.

RVA started in 2017, it is a not for profit organization, aiming to embed a positive coaching culture in the NHS. Rebecca carefully crafted and led the London Deanery coaching and mentoring service that ran from 2008 to 2017, over 3000 doctors applied for coaching and mentoring during that time. Contact Rebecca at rebecca.viney1@gmail.com for more info.