

Caring for our health professionals

Workshop Resource List

Sharee Johnson, Dr Caitlin Weston & Lucy Mayes
Tuesday 13th November 2018

Joy in Work - Whitepaper by Institute for Healthcare Improvement: <http://www.ihf.org/resources/Pages/IHIWhitePapers/Framework-Improving-Joy-in-Work.aspx>

Epstein, Ronald. *Attending, medicine, mindfulness and humanity*. 2017

Gawande, Atul. *Better, a surgeon's notes on performance*, 2007

Hassed, Craig. *The Essence of Health* 2008

Hougaard, R. and Carter, J. *The Mind of the Leader*, 2018

Kalanithi, Paul. *When Breath Becomes Air*, 2017

Mayes, Lucy. *Beyond the Stethoscope: Doctors' stories of reclaiming hope, heart & healing in medicine*.
Available at www.lucymayes.com or Amazon, Book Depository & Kindle.

Remen, Rachel. *Kitchen Table Wisdom* 2006

“Dr. Rachel Naomi Remen is a pioneer in the medicine of the future. With the elegance of simplicity, she shows how physicians can become healers by no longer remaining mere technicians of the human body, but by becoming alchemists of the soul.” –Deepak Chopra, M.D.

Rondina, Ellen. *Self-care revolution*, 2018
<http://www.ellenrondina.com/book-2/>

Srivastava, Ranjana. *Tell Me the Truth, Conversations with my patients about life and death*. 2010

Wheatley, Margaret J. *Perseverance* 2010

Youngson, Robin. *Time To Care*. 2012 <https://heartsinhealthcare.com>

Youngson, Robin *From Hero to Healer*. 2016 <https://herotohealer.org>
 "Powerful, insightful and life-affirming. A recipe to empower each of us to be change makers not only of ourselves but the world"
 - James R Doty, MD, bestselling author of 'Into the Magic Shop' and Director of the Center for Compassion and Altruism Research and Education (CCARE) at Stanford University.

The Hearts in Healthcare online community www.heartsinhealthcare.com

Dr. Caitlin Weston's Churchill Fellowship report, *Burning Out: international approaches to clinician wellbeing*
<https://www.churchilltrust.com.au/fellows/detail/4183/Caitlin+Weston>

Everymind and ASA's interactive pdf toolkit for hospital departments growing a staff wellbeing program:
<https://indd.adobe.com/view/196e3547-71cd-4074-b535-f0059e7d2067>

Orygen and AMSA's wellbeing toolbox for Medical Students
<http://mentalhealth.amsa.org.au/online-resources/wellbeing-toolbox/>

The National Academy of Medicine's Action Collaborative on Clinician Well-Being and Resilience: <https://nam.edu/initiatives/clinician-resilience-and-well-being/>

Julia Unwin's Carnegie Fellowship Report, *Kindness, emotions and human relationships: The blind spot in public policy*
<https://www.carnegieuktrust.org.uk/publications/kindness-emotions-and-human-relationships-the-blind-spot-in-public-policy/>

Thriving at Work, the Stevenson/Farmer review of mental health and employers
https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/658145/thriving-at-work-stevenson-farmer-review.pdf

EMPOWER: A guide to engage and retain your established EM staff
<https://www.rcem.ac.uk/docs/Workforce/Engage%20and%20Retain%20Sept%202018.pdf>

<p>Sharee Johnson Psychologist, Executive Coach</p> <p>0439 046 037 sharee@skjconsulting.com.au www.shareejohnson.com.au www.coachingfordoctors.net.au www.gpgh.org www.linkedin.com/in/sharee-johnson</p>	<p>Dr Caitlin Weston Wellbeing Project Lead</p> <p>0423 159 030 Email: caitlin@medapps.com.au LinkedIn: https://www.linkedin.com/in/caitlin-weston-321969119/ https://medapps.com.au/</p>	<p>Lucy Mayes Author, facilitator, consultant Collective Wisdom Consulting</p> <p>0422 243 234 lucy@mayes.net.au www.lucymayes.com @LucyVMayes Facebook: Beyond the Stethoscope @Hope4Medicine https://www.linkedin.com/in/lucy-mayes-ba449a26/</p>
--	---	--