



**GREATER  
MANCHESTER**  
TRAINING HUB

# Positive Practice Course

Positive Practice is a personal development course aimed at improving the resilience and positivity of GPs working within the Greater Manchester ICS area.

The course consists of three, two-day, non-residential modules at a venue in the Greater Manchester area and spread over a 13-month period. Participants will work in small, supportive groups throughout and will be expected to attend all three modules.

Dates are still to be confirmed but will be in the following months:

- April 2024
- October 2024
- May 2025

This is a subsidised course with fees paid by GM Training Hub. The content is based on the highly successful PED (Professional Education and Development) course that has run in the North West for many years, The tutors are GPs and experienced medical educators.

## Quotes from a recent PED course:

“It is invaluable to have some space to reflect on work dynamics and situations in a supportive open group. I go back to work rejuvenated, inspired and refreshed”.

“The peer group I have become part of is an incredible new network for support and my well-being...”

“PED has taught me management techniques for work and my personal life. I have learned resilience and problem-solving. It has given me the belief I can make positive changes personally and professionally”.

## Course Overview:

- No academic work.
- Development of personal educational and practice/work plans for portfolio.
- Access to articles.
- Resilience and leadership skills development.
- Tutored by GPs and experienced Medical Educators.
- Based on the learning from PED.

To express interest scan the QR code or [click here](#).  
To learn more about the programme email:  
[gmath@gmfeds.co.uk](mailto:gmath@gmfeds.co.uk)

