



# BURNOUT OR RESILIENCE?

Saturday 11 March 2017  
Addenbrooke's Hospital, Cambridge

# BURNOUT OR RESILIENCE?

# PROGRAMME

SATURDAY 11 MARCH

The Christian professional can often feel overstretched, working in an environment that is both demanding and hostile towards God and those who serve him. Building resilience to deal with the pressures is not an optional extra, but a requirement.

The story of Elijah in 1 Kings 17-19 offers a realistic account of a breakdown. For Elijah, the pressures associated with serving God and his people in difficult circumstances were the cause. For us, as medical and legal professionals, there may be some differences. Yet exceptional mental and physical strain still lead to exhaustion and a sense that circumstances are out of control, even out of God's control. Depression, fear and self-pity can take over and it can be easy to lose eye contact with the Lord in this state of breakdown.

But God has a prescription for Elijah's body, mind and soul that is applicable as a remedy as much as a preventative. This leads to a more balanced view of God's world and God's plan for our life and service within it.

Join us for a day of teaching, exploration and practical application of these vital principles, whatever your professional calling and your current circumstances.

This conference is open to all lawyers and healthcare professionals, medical, legal and nursing students, spouses, and friends.

09.30	<b>Registration and coffee</b>
10.00	<b>Introduction and welcome</b>
10.10	<b>Biblical resources for professionals under pressure</b> <i>Peter Saunders</i>
10.40	<b>Breakout session: common pressures facing doctors and lawyers</b> Introduction: <i>Mark Barrell</i>
11.25	<b>Coffee</b>
11.45	<b>Dealing with the expectations of peers, staff and clients/patients</b> <i>Christopher Townsend</i>
12.30	<b>Lunch</b>
13.30	<b>A personal experience</b> <i>TBC</i>
14.00	<b>Burnout or resilience</b> <i>Sunil Raheja</i>
14.45	<b>Tea</b>
15.05	<b>Panel discussion</b> <i>All speakers</i>
15.50	<b>Concluding remarks</b> <i>Mark Barrell</i>
16.00	<b>Close</b>

## CONTRIBUTORS

### Mark Barrell

*is Executive Director of the LCF and formerly a solicitor with 12 years' experience, mainly in the area of family law.*

### Sunil Raheja

*is a Consultant Psychiatrist, leadership coach and blogger.*

### Peter Saunders

*is CMF Chief Executive.*

### Christopher Townsend

*is a partner at Mills & Reeve, specialising in corporate tax and employee share schemes, and a member of the Cambridge Papers editorial board.*

For more details or enquiries, contact Ruth Haley

**T: 020 7234 9660**

**E: [events@cmf.org.uk](mailto:events@cmf.org.uk)**

## BOOKING FORM

**Cambridge Day Conference, 11 March 2017**

Bay 13 Clifford Allbutt Building,  
Addenbrooke's Hospital, Cambridge CB2 0QQ

### PERSONAL INFORMATION

Online booking is available at [www.cmf.org.uk/events](http://www.cmf.org.uk/events).  
Alternatively, please complete this form and send it with a cheque to the address overleaf.

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Tel / Mobile: \_\_\_\_\_

Email: \_\_\_\_\_

Year of qualification: \_\_\_\_\_

Job title: \_\_\_\_\_

Workplace: \_\_\_\_\_

### VENUE

Dietary requirements (including vegetarian): \_\_\_\_\_  
\_\_\_\_\_

# BOOKING FORM

## PAYMENT

RATE	NO.	FEE
Doctor/lawyer	£40	
Foundation year doctors	£25	
Retired doctors	£20	
Nurses/midwives/allied health profs	£20	
Legal execs/paralegals	£20	
Students & unwaged	£10	
Law trainees/pupils	£10	
<b>Total</b>	£	

Included is a non-refundable registration fee of £5.

To pay by card, please either book through our secure online booking system at: [www.cmf.org.uk/events](http://www.cmf.org.uk/events) or telephone CMF at 020 7234 9660

I enclose a cheque made payable to: **Christian Medical Fellowship**

## DONATIONS

We are very grateful for the generosity of those who are able to make additional donations over and above the conference fees. We rely on these to subsidise the conference fees for students, missionaries, and those who may be unable to pay the full costs themselves. Donations also help us to be generous to our speakers. Even if you are unable to attend the conference, please consider making a donation.

Donation to CMF £  Donation to LCF £

I wish to Gift Aid my donation (We will collect Gift Aid on donations where CMF/LCF hold a Gift Aid Declaration)

Please return this booking form, with payments and/or donations by **Thursday 9 March** to:

**Ruth Haley**  
**Christian Medical Fellowship**  
**6 Marshalsea Road**  
**London SE1 1HL**

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NB: your personal data will be stored on the CMF Database, and will be used for CMF ministry and administrative purposes only Data Protection Act Reg. No. Z1341734

# VENUE & TRAVEL

## DIRECTIONS

**Bay 13 Clifford Allbutt Building, Addenbrooke's Hospital Hills Road, Cambridge CB2 0QQ**

Travel details can be found at:

**W: [www.addenbrookes.org.uk](http://www.addenbrookes.org.uk) T: 01223 245 151**

Addenbrooke's Hospital site map



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**E: [events@cmf.org.uk](mailto:events@cmf.org.uk)**



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