

DAY



BURNOUT OR RESILIENCE?

Saturday 24 June 2017
Bond Dickinson LLP, Bristol

Day Conference



The Lawyers'
Christian
Fellowship



BURNOUT OR RESILIENCE?

PROGRAMME

SATURDAY 24 JUNE

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 | Registration and coffee |
| 10.00 | Introduction and welcome |
| 10.10 | Biblical resources for professionals under pressure
- Elijah 1 Kings 17
<i>Pablo Fernandez</i> |
| 10.50 | Breakout session: common pressures facing doctors and lawyers
<i>Mark Barrell</i> |
| 11.40 | Coffee |
| 11.45 | Dealing with the expectations of bosses, peers, staff and clients/patients
<i>Mark Womersley</i> |
| 12.45 | Lunch |
| 13.45 | Burnout or resilience?
Practical ways to cope from personal experience
<i>TBC</i> |
| 14.45 | Panel discussion
<i>All speakers</i> |
| 15.15 | Prayer |
| 15.30 | Concluding remarks and close |

CONTRIBUTORS

Mark Barrell

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

Pablo Fernandez

is CMF Head of Graduate Ministries and formerly a Consultant Pharmaceutical Physician specialising in the clinical development of new medicines.

Mark Womersley

is a Partner at Osborne Clark, specialising in pensions.

For more details or enquiries, contact Ruth Haley:

T: 020 7234 9660

E: events@cmf.org.uk

BOOKING FORM

Bristol Day Conference, 24 June 2017

Bond Dickinson LLP, 3 Temple Quay, Temple Back East, Bristol
BS1 6DZ

PERSONAL INFORMATION

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

Mr Mrs Miss Dr

Name: _____

Address: _____

Postcode: _____

Tel / Mobile: _____

Email: _____

Year of qualification: _____

Job title: _____

Workplace: _____

VENUE

Dietary requirements (including vegetarian): _____

BOOKING FORM

PAYMENT

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

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 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 22 June** to:

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

If you are not a member of CMF/LCF, tick here if you do not wish CMF/LCF to contact you about membership and future events

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

Bond Dickinson LLP
3 Temple Quay
Temple Back East
Bristol
BS1 6DZ

Travel details can be found at:

W: www.bonddickinson.com/locations/bristol

For more details or enquiries, contact Ruth Haley:

T: 020 7234 9660

E: events@cmf.org.uk



CMF
Christian Medical Fellowship



PLEASE CUT ALONG DOTTED LINE

Christian Medical Fellowship Registered charity no. 1131658
A company limited by guarantee Registered in England no.
6949436 Registered office: 6 Marshalsea Road, London SE1 1HL

The Lawyers' Christian Fellowship is a company limited by
guarantee, registered in England & Wales: No 7422674
Registered Charity Number: 1139281
Registered Office: 8 Marshalsea Road, London, SE1 1HL