



RANZCOG

Annual Scientific Meeting 2024

Te Whanganui-a-Tara, Aotearoa | October 12th-16th

RANZCOG ASM 2024 Workshop

Emotional Intelligence and Compassion Workshop

Activate your personal agency in high emotional labour settings for sustained wellbeing

Sunday, 13 October 2024

13:00 – 16:30

Facilitator: Sharee Johnson, Coaching for Doctors

Learning Objectives

1. Recognise the need to improve your own emotional literacy and experience some tools to help you understand your own emotions so you can utilise them intelligently.
2. Consider the impact of emotional burden on your performance and wellbeing.
3. Learn the difference between empathy and compassion.
4. Understand the origins of empathic distress and empathy fatigue and burnout.
5. Learn how to cultivate compassion for sustained wellbeing.

Program Outline

1. **Introduction and describe key concepts in broad terms.**
2. **What is wellbeing?**
 - Delivery of selfcare in real time?
 - Origin of emotions
3. **Stress and emotional labour**
4. **Emotional literacy and Emotional Intelligence**
5. **Difference between Empathy and Compassion**

6. Cultivating emotional literacy, emotional intelligence, and compassion

7. Close

Toolkit: - How to build emotional literacy, emotional intelligence and compassion for more wellbeing and longevity in medicine

Preliminary program timings

Time	Topic
13:00 – 14:45	Introduction and program commences
14:45 – 15:15	Afternoon Tea
15:15 – 16:25	Program continues and workshop close