

Certificate of Attendance

Delegate Name Kishan Mistry

GDC Number 277250

Course

Course Title DFT Whiston - Team Building (NW180921FWHP)

Course Date 21 September 2018

Course Venue Chill Factore, Manchester

Development Outcomes A, B

Verifiable CPD Hours 2:30

Certificate Issued By HEE - North West

Certificate ID HEENW050793

Course Aims

Altitude requires you to work together to reach the highest peak by scoring as many meters as possible in the game. The quicker you slide, the higher you climb!

Course Objectives

To enhance team working principles.

Allow FD/ES's to get to know each other in an informal setting.

We confirm that the activity has been quality assured by HEE and that it meets the GDC's educational criteria for verifiable ECPD. This record is full and accurate.

Course Learning outcomes

Develop team working principles to show importance of working together to solve problems.

Reflection

Reflection is an important part of CPD and should form part of your personal development plan (PDP). Please use this page to reflect on what you have learnt, your experience and how it applies to your role. In particular consider:

1. What did you learn (or confirm) from the activity that was helpful or relevant to your daily work and patients?
2. Did you identify any changes/updates needed in your daily work? If so please give details.
3. How will you make these changes and by when?
4. How can you demonstrate that you have implemented these changes as a result of the course?
5. If you didn't identify any changes needed, what did the activity confirm for you, that you may already know or be doing?
6. What was the benefit to your work and/or your patients in carrying out this activity?
7. Do you feel that the activity met the General Dental Council's ECPD development outcomes? If not, please explain why.
8. Any other comments, thoughts or feelings?

Difficulties encountered in dentistry, top tips to make dentistry comfortable. Team building at Chill Factore
Common difficulties shared by the group - mostly communication issues. Importance of staying mentally/physically fit throughout career.

Becoming more strict to become healthier to ensure I can remain performing dentistry without issues - eg back problems or mental stamina.

Patients will benefit by being confident in me more as their provider. They would be more willing to take on advice if I can share motivation with them, eg. not being overweight, not smoking