

“THE SUSTAINABLE HEALER”

Thurs 27th & Fri 28th March

Inverness Creative Academy

A Message of Hope for a More Sustainable NHS

CONCEPTS



Lifestyle Medicine, Mind-Body
Medicine & Lived Experience

CONNECTION



Re-connect with our values &
question our beliefs about health

CULTURE



Practice self-care & be open,
curious & committed to learning

AGENTS OF CHANGE



Share stories of hope about
overcoming pain & illness

CARE



Encourage problem solving
using a coaching approach

COLLECTIVE



Celebrate common purpose
over & above vested interests

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Incl. lunch & three-course dinner

