4th INTERNATIONAL CONFERENCE ON WOMEN & NURSING
Pioneering Spirit of Enriching the Wellness of Women

ABSTRACT: "Bringing CARE to Health care"

As a Consultant Obstetrician & Gynaecologist I will be

- **Presenting the general statistics on Mental Health in Nursing & Women, Presenting MBRACE Enquiry (Mother and Baby Reducing Risk through Audit and Confidential Enquiries) findings.**
- **Discussion how inequalities in health care and not acknowledging the diversity is the main reason that we have failed our women from Black/ Black British/ Mixed ethnicity/ Asian /Asian British background.**

As a trained Strategic Intervention Coach & a trained Rapid Transformational Therapist

- **I will be introducing the concepts of HUMAN NEEDS PSYCHOLOGY as the essence of what drives all human motivation.**
- **and how having the awareness of these needs can help understand oneself and others.**
- **When we understand Human needs Psychology, we are empowered to take care of our own Wellbeing.**
- **A brief introduction to MEDITATION with practical exercise with audience participation (15minutes)**
- **Followed by instructions on daily record of 3 acts of kindness & 3 things to express gratitude (a life changing strategy to happiness & fulfilment)**

BIOGRAPHY: Dr Singh is a practicing NHS Consultant Obstetrician & Gynaecologist with over 20yrs of experience in the specialty. She is also a Medical Educator and a Researcher. Following her own personal experience and frequent observations of lack of compassion & empathy in health care resulting from the tired, burnt out and unhappy staff with low morale, Dr Singh underwent rigorous training as a strategic intervention coach and a Rapid Transformational Therapist and is now an advocate for the Medical Workforce Mental Health & Wellbeing. She delivers workshops/seminars to medical professionals helping them create the best version of themselves, improve their overall Wellbeing, in turn improving staff performance and reducing the risk of Medico-legal litigations.

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