**E+D 2021 Exercise 1. Total time 12 minutes**

Spend a minute telling each other:

* Who you are
* Where you work
* Any special interests inside or outside medicine
* What you would be if you were not a doctor

Describe to each other an occasion when you have done one or more of these things with regard to a trainee. Approximately five minutes each. Time this yourselves. One person gives a brief outline of events then Q+A / discussion about times when you did one or more of the list below. What were the challenges / lessons for you?

* Eliminated discrimination, harassment and victimisation
* Advanced equality of opportunity by:
	+ Removing or minimising disadvantages
	+ Meeting individual needs
	+ Encouraging participation in public life
	+ Ensuring that reasonable adjustments are made
* Fostered good relations by:
	+ Tackling prejudice, promoting understanding.