

Celebrating the 2nd Humble Health Conference.

It could seem like "showing off" to celebrate the feedback we received at the Humble Health Conference, and yet our small and perhaps overlooked gathering may redefine what it means to be Humble.

"Simple practical & fun"

"A wonderful opportunity to meet and discuss important and vital topics that will aid us as practitioners, our patients and our loved ones"

"Humble is the genuine article. Everyone would benefit from what they are sharing"

"Such an important day- the space and opportunity to reflect on how we live well and how to practise medicine well supported by great energy"

At the conference 64 pioneering multidisciplinary health professionals courageously explored how to bring out our best. Being "Humble" meant a willingness to be present and learn together, to appreciate the subtle and nuanced, as well as to allow space for the simple and profound. Perhaps these are the qualities that we most need at this time.

Our goal was to connect, learn, be inspired and empowered with a combination of heartfelt talks, practical workshops and perhaps most importantly space to explore and transform.



The heartfelt talks included [“Courageously Humble”](#) by Dr Ashish Bhatia (Founder of Humble), and [“6 love letters”](#) by Dr Sam Guglani (Founder of Medicine Unboxed), and [“Supporting change”](#) by Dr Rupa Joshi (Transformation lead with the BSLM). Click on the links for taster video recordings.

The practical workshops invited attendees to get practical with themes including, how to **“Set up success”**, work with the **“Sleep-stress-social connection”** (Dr Ashish Bhatia), **“Designing a day”** that harmonises with your chronobiology (Dr Sarah Blaikley), **“Nurturing healthy eating habits”** (Dr Helen McCarthy), **“Soothing easily and moving freely”** (Kate Woodward), **“Creative compassion”** (Dr Charlotte Jenner) as well as **“Walks in nature”** with (Ros Ingleby). There were also opportunities to be guided around a **“Living well carousel”** (by Dr Daranee Boon, Louise Berger, Dr Marina Malthouse and Dr Lucy Skytree) and to relax in the **“Deep rest room”**.

This culminated in a powerfully authentic open forum where we explored **“Lighting the Fire of Healthy Care”** from the perspectives of the person (we care for), the practitioner (who cares), the practice (we relate within), the planet (that we hold as it holds us) and the presence (we all share).

Special thanks go to our sponsors; Bath, Swindon and Wiltshire ICB Training Hub, B&NES enhanced medical services and Bath GP Education and Research Trust for CPD accreditation, and to the British Society of Lifestyle Medicine and The British Association for Holistic Medicine & Health Care for supporting the conference.

If you would like to find out more about the Humble project, or come to the next conference do get in touch with Team@Humble.info or visit www.Humble.info. And if you would like to connect with a supportive community why not drop into our [online Free Friday Lunchtime Gatherings \(13-1330\)](#).

Best wishes
Dr Ashish Bhatia

