

CURATED TEACHINGS: *The Brewbook*

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Introduction

In November 2025, a record number of GP Trainers gathered at Cumberland Lodge for the Trainers' Residential. Drawn by the promise of playful learning (and possibly the tea), they embarked on a shared exploration of the perfect blend of ingredients that make supervision not just effective, but genuinely enriching for our resident doctors.

Across the day, trainers steeped themselves in discussions about values, teaching habits, supervision styles, and the subtle alchemy that turns everyday encounters into meaningful educational moments. Remarkably, they even managed to enjoy the process — a reassuring reminder that reflection, when properly steeped, can be every bit as refreshing as the tea keeping us going.

The session invited participants to examine what they bring to the pot: generosity of spirit, curiosity, patience, boundaries, humour, compassion and the occasional dash of healthy cynicism. These ingredients — when blended with intention — make for teaching that is both flavourful and sustaining.



The playful learning activities encouraged trainers to stir, sift and taste-test their own approaches, exploring what happens when we elevate our supervision from something routine to something purposefully brewed.

Your reflections were rich, insightful and, at times, wonderfully unfiltered. There were moving stories, sharp observations, comforting reminders and the odd comment best served with a pinch of salt. These have been preserved here for future generations of trainers to taste, savour and draw inspiration from.

Thank you to everyone who took part. You helped create a warm, safe space where ideas could simmer, values could infuse and the collective wisdom of our training community could brew into something truly special. Together, we continue to refine our recipe for outstanding supervision — one thoughtfully crafted cup at a time.



Chat GP Tea

Ingredients:

Active listening, reflectivitea, curiositea
and encouraging caring about the patient.

Directions:

Warm the pot

Begin with safety,
A space where learning can brew
without fear of boiling over.

Add leaves

Each trainee is unique
fragranced with strengths
shaped by their own paths.

Pour hot water

Challenge, but never scorch.
The right heat
awakes potential.



Let it steep

Growth needs time
Quiet moments
And the courage to wait.

Stir gently

A question, a nudge,
A swirl of guidance
That helps wisdom unfold.

Taste and adjust

Feedback refines the brew
Stronger where needed,
Softer where kind.

Effects:

Depth of flavour. Improvement in outcomes
over time.

Blended by:

Nick, Sheetal, Justin, Anjlee, Amy, Nad &
ChatGPT



All Tea, No Shade

Ingredients:

Honesty, truth, interest, empathy, consistency, integrity, joviality, reciprocity, curiosity and informality.

Directions:

Brew to individual taste, stirred with care by multiple team members, add humour to sweeten. Serve in a reliable, shatterproof but pliable vessel. Best enjoyed outdoors.

Effects:

Soothing, invigorating, stimulating, comforting, memorable and inspiring.

Blended by:

'Team Informalitea' – Jonathan, Selina, Elisa, Manal, Sindhu, Bella, Jordan & Yvette



Curiositea

Ingredients:

Open questions, diligence / work ethic, challenge, team discussions, playful learning.

Directions:

Elicit the trainees' baseline experience in order to avoid them feeling overwhelmed. Adjusting and getting feedback to get the correct balance.

Effects:

Independent adult learners. More likely to pass exams. Confident practitioners.

Blended by:

Amelie et al.



GP Tea



Ingredients:

Maternitea, trustea, honestea, creativitea, specificitea, approachabilitea and humilitea

Directions:

Big pot
Long steep
Sharing
Frequent top-ups – lifelong
Bottomless refill cup
Family size

Effects:

Relaxation, rich blend, energised, satisfaction, rejuvenation, eternal youth and comfort

Blended by:

Archana, Heather, Barbara, Anita, Harriet & Aparna

Time for Tea

Ingredients:

Partnership, trust, honesty, patience, being supportive, curiosity, positivity, creativity

Directions:

Unique blend – each trainee is different
Community spirit/contributions

Effects:

Happy / good learning environment
Happy trainee / trainer
Competent and safe doctor

Blended by:

Maria, Anis, Baljit, Lauren, Nawal, Kiran & Nicky



The Super Seven Green Tea

Super antioxidant blend

Ingredients:

Green tea (walks): pure, honest, mindful and organic.

Creatine (build up trainees): turning inner strength to outer strength.

Protein powders: building your knowledge with experience.

Collagen: sustainability and resilience.

Turmeric and black pepper: looking after your own health and avoiding burnout.

Organic honey: human side, kindness, softness, and gratitude.

Directions:

Depending where in life you are, and the situation ahead, indicates how much of each ingredient you need to add.

Effects:

Ultimate trainee and trainer relationship.

Harmonious blend of strength, resilience, support, team working, encouragement and good understanding. Preparing trainees for a successful life in general practice.

Blended by:

Gurcharan, Mark, Raj, Rachel, Roohi, Meera & Tina

Individualitea

Ingredients:

Curiositea, positivitea, generositea, communitatea. Ginger: adds spice/challenge (small amount – not overpowering). Honey: kindness, positivity. Lemon: boundaries, authentic/natural

Directions:

Test for optimum temperature applying a slow, steady heat. Best brewed over three years for mature, well rounded tea. Encourage adaptability.

Effects:

Fosters a sense of warmth and support through positive challenge and availability.

Blended by:

Jamie, Emma, Suraj, Natalie, Flo, Manna & Bryony