

RACGP NSW&ACT
NEW FELLOWS COMMITTEE
IS PROUD TO PRESENT

WELLBEING WEEKEND 2020

Led by doctors, for doctors

7-8 MARCH 2020
AANUKA BEACH RESORT
COFFS HARBOUR, NSW

EARLY BIRD RATE REGISTER
BY 23 FEBRUARY 2020



A MESSAGE FROM THE CHAIR



Dr Rebekah Hoffman (left)
Dr Ashlea Broomfield (right)

The New South Wales New Fellows team is very excited to welcome you to our second Wellbeing Weekend!

This event has been designed by New Fellows for all General Practitioners as an initiative to introduce self care, balance and wellbeing as a priority within their careers.

The program has been conceived and established by the inaugural chair Dr Ashlea Broomfield who has designed a program that is interactive, engaging and all set in beautiful Coffs Harbour, North Coast of NSW.

We encourage you to explore this program and be inspired by the weekend and join us, in March as together we can learn and be inspired to prioritise our own wellbeing and self-care across our careers.

Dr Rebekah Hoffman
Chair, RACGP NSW&ACT
New Fellows Committee



WEEKEND SOCIAL ACTIVITIES

MAKING YOUR HEALTH A PRIORITY

RACGP NSW&ACT is committed to optimising the wellbeing of GPs and is very pleased to invite you to the 'Wellbeing Weekend' at Aanuka Beach Resort in Coffs Harbour.

The weekend will include discussion of important issues that affect doctors' health, as well as practical workshops that are designed to provide you with new skills and different ways of enhancing your own wellbeing.

Set at a beautiful seaside location, the program includes yoga, beach walks, surfing, engaging presentations and small-group workshops. The NSW&ACT New Fellows Committee has designed the 'Wellbeing Weekend' for all GPs.



SATURDAY NIGHT

TAKE THE 'WORK' OUT OF NETWORKING!

Relax to the soothing music of a live band while you sample delicious canapes and indulge in our two hour beverage package! Mingle and meet fellow GPs in a casual setting- families welcome!



PROGRAM OUTLINE

SATURDAY 7 MARCH 2020

7.00–8.00 am	Early morning optional exercise	Surf lessons (at extra cost), paddle board lessons (at extra cost) Mindful beach/bush walk – Dr Ashlea Broomfield
9.00–9.05 am	Welcome	Welcome and acknowledgment to the country
9.05–10.00 am	Workshop session	Burnout – Dr Nicola Holmes and Dr Christine Ahern
10.00–10.20 am	Morning tea	
10.20 am – 1.00 pm	Group activities	Room 1: Using mindfulness to enhance clinical practice – Dr Ashlea Broomfield with Dr Kristen Pigram Room 2: Balint – Dr Gull Herzberg and Dr Hilton Hoppe
1.00–1.30 pm	Lunch	
1.30–3.10 pm	Group activities	Offsite: Cheese making classes (extra cost) Room 1: 90 Reflective and expressing writing as a tool for burnout prevention – Dr Hilton Koppe Room 2: Knitting – Rebekah Hoffman
3.10–3.30 pm	Afternoon tea	Optional: mindful eating
3.30–4.30 pm	Workshop session	When things go wrong – Dr Genevieve Yates
4.30–7.30 pm	Free time	
7.30 pm	Retreat networking	Gaze and graze

SUNDAY 8 MARCH 2020

7.00–8.00 am	Early morning optional exercise	Yoga and medicine – Dr Kristen Pigram Mindful beach/bush walk – Dr Ashlea Broomfield
9.00–10.00 am		Exploring doctors experience of death and dying – Dr Hilton Koppe
10.00–10.30 am	Morning tea	
10.30 am – 12.00 pm	Workshop session	Exploring doctors experience of death and dying: 4 groups run by – Dr Hilton Koppe, Dr Nicola Holmes, Dr Christine Ahern, Dr Ashlea Broomfield
12.00–12.40 pm	Lunch	
12.40–1.40 pm	Workshop session	Being a doctor for doctors – Dr Ashlea Broomfield
1.40–2.55 pm	Workshop session	Goal settings – Dr Nicola Holmes
3.00 pm	End of the workshop	

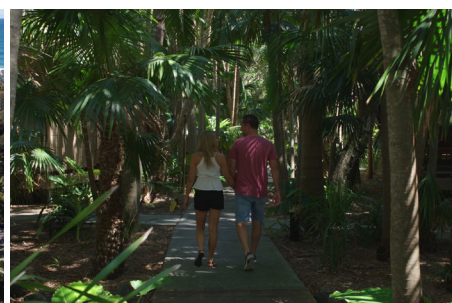
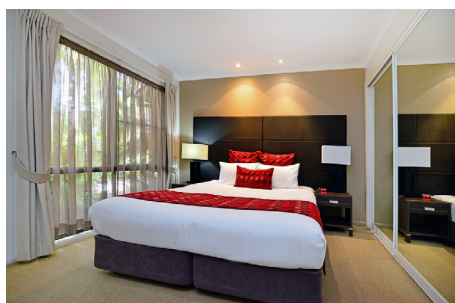
Program may be subject to minor alteration.

REGISTRATION

	RACGP MEMBER	NON-MEMBER
Early-bird – until 23 February 2020	\$325	\$375
Standard – from 24 February 2020	\$375	\$425
Saturday dinner (New Fellow/Guest)	\$76	\$76
Surfing	\$55	\$55
Cheese-making classes	\$50	\$50
REGISTER	Online here	nswact.events@racgp.org.au or tel 02 9886 4703

All prices quoted include GST

ACCOMMODATION



TO SECURE A ROOM

Please call **BreakFree Aanuka Beach Resort** reception at **02 6652 7555** or email aanuka.res@breakfree.com.au

MENTION '**RACGP WELLBEING WEEKEND 7-8 MARCH 2020**'
TO RECEIVE DISCOUNTED RATES OF:

Hotel Room including breakfast	\$162.00 per room / night
Paradise Spa Bure including breakfast	\$203.00 per room / night
2 Bedroom Spa Villa including breakfast	\$326.00 per room / night

FURTHER INFORMATION

Please contact **Ela Duraj** Events and Marketing, RACGP NSW&ACT
Email ela.duraj@racgp.org.au or phone **02 9886 4703**



Healthy Profession.
Healthy Australia.