

GPs Wellbeing: Looking after ourselves and looking after each other

RACGP NSW&ACT



Register online

Date

Saturday 15 August 2020

Time

8.30 am – 3.30 pm

Venue

National Museum of Australia
Lawson Crescent
Acton ACT 2601

Cost

RACGP member \$255
Non-member \$295

Contact

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This CPD Accredited Activity will utilise a highly interactive platform to allow participants to explore evidence-based strategies to optimise their own wellbeing.

This exciting new style of workshop will have a grounding in mindfulness techniques in various forms and a focus of compassion to self, others and our patients.

Workshop program:

- **Looking after ourselves** – This session will encourage participants to review evidence-based wellbeing and self care habits, involve a self needs assessments of their own habits and opportunities for improvement
- **Mindful consulting** – This session will include role plays, partner led discussions and experiential exercises. It be entirely interactive in which participants will learn different mindfulness techniques to assist them enhance their consulting
- **Looking after each other** – This session will be small group analysis working on identifying barriers to accessing help and ways to reduce barriers for themselves and other doctors

Presenters:

- **Dr Ashlea Broomfield** – RACGP NSW&ACT Council member, past New Fellows Committee Chair
- **Dr Carolyn Ee** – PhD, MMed, GradCertMedAcc, BAppSc, MBBS; Chair Integrative Medicine Network
- **Dr Michael De Manincor** – PHD and Post doctoral research fellow in mind body medicine at NICM Health Research Institute