**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 Eee** – 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