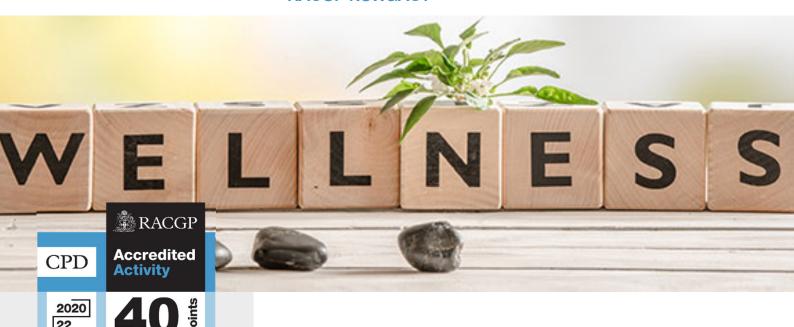


GPs Wellbeing: Looking after ourselves and looking after each other

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

Ela Duraj RACGP NSW&ACT Tel 02 9886 4703 Email: nswact.events@racgp.org.au 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