

RACGP NSW&ACT
NEW FELLOWS COMMITTEE
IS PROUD TO PRESENT

WELLBEING WEEKEND 2021

Led by doctors, for doctors

10 APRIL 2021
NOVOTEL NEWCASTLE BEACH

EARLY BIRD RATE REGISTER
BY 26 MARCH 2021

*Approved for the RACGP CPD
2020–22 triennium*

A MESSAGE FROM THE CHAIR

Dr Rebekah Hoffman



The NSW&ACT New Fellows Committee is very excited to be hosting our third Wellbeing Weekend. The year 2020 was not an easy one for any of us, professionally or personally. With so much change and so many education events only available online, we believe it's time for a fun and relaxing weekend getaway to rest and refresh.

This year's program has been designed by the Committee for all GPs, with a dash of education to inspire you, as well as an opportunity to relax and have fun with colleagues. We look forward to seeing you there.

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

2021 WELLBEING WEEKEND

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 Novotel Newcastle Beach. Spend mindful and enjoyable time with other GPs at our weekend away.* Practical sessions on Saturday will inspire you to make time for your health and wellbeing and develop the skills you need to do that. Sunday is free for you to enjoy beautiful Newcastle and relax at the beach right outside the venue.



ANATOMIC PAINTING CLASSES

Have you ever taken any painting classes? This will be a unique experience. A doctor herself, Lauren will be providing classes that are always fun and an opportunity to practice or learn something new in a relaxed and friendly environment. This class is part of the program and is included in the price.

*The weekend event and/or the dinner is subject to late cancellation if the COVID-19 environment is deemed unsafe at the time. In this case refunds will be given for either the dinner or the whole event as applicable.

SATURDAY NIGHT

Enjoy delicious snacks and wine while listening to music in a privately booked restaurant with a water view. Mingle and meet fellow GPs in a casual setting. Families welcome.

JOIN US REMOTELY

If you would like to join us at the Wellbeing Weekend, but are not able to travel, you can attend online. The event will be streamed online at a discounted price.

REGIONAL CATCH UPS

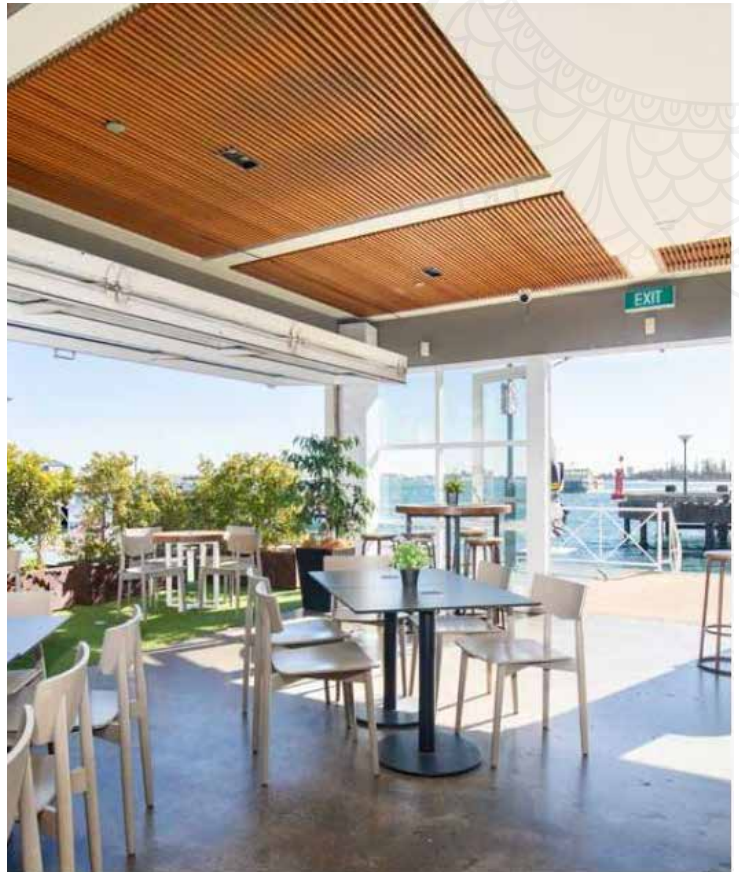
Once we know how many people are joining online, we will try to schedule face-to-face regional catch ups for Saturday evening, so you will not miss the opportunity of networking and catching up with peers. An alternative for those who are joining online will be a Zoom catch up.

MEET OUR PRESENTERS

Dr Amy Imms is the founder of The Burnout Project. She's recovered from burnout herself and helped doctors manage burnout in many stages of their careers. Take advantage of this opportunity to hear her guidance, and leave knowing the signs and inspired to make changes to live life your way.

Dr Nicola Holmes is a working GP who has spoken to us at two previous Wellbeing Weekends – with such positive feedback we keep coming back for more. Nicola teaches fellow doctors about mental health in association with the Black Dog Institute and works with young people at Headspace Coffs Harbour. Let Nicola show you how to set boundaries and say no. Reap the rewards of better self-care.

Dr Lauren Squires is a doctor and an artist. As founder of Almost Anatomical, she combines her medical and artistic skills by creating beautiful, anatomically inspired artworks. Translate your passion and knowledge of anatomy into art in this guided painting class. A wonderful way to relax with your doctor's hat still on.



PROGRAM OUTLINE

SATURDAY 10 APRIL 2021

10.00–10.30 am	Registration and morning tea
10.30–11.45 am	Burnout signs and recovery roadmap – Dr Amy Imms
11.45 am – 12.30 pm	Lunch
12.30–1.45 pm	No. Is a full sentence – Dr Nicola Holmes
1.45–2.30 pm	Small group discussion: Brainstorm your burnout – Dr Amy Imms
2.30–2.50 pm	Afternoon tea
2.50–3.35 pm	Small group discussion: Strong boundaries, strong you – Dr Nicola Holmes
3.35–5.00 pm	The art of anatomy: Watercolour painting – Lauren Squires
7.00 pm	Saturday night function

Program may be subject to minor alteration.



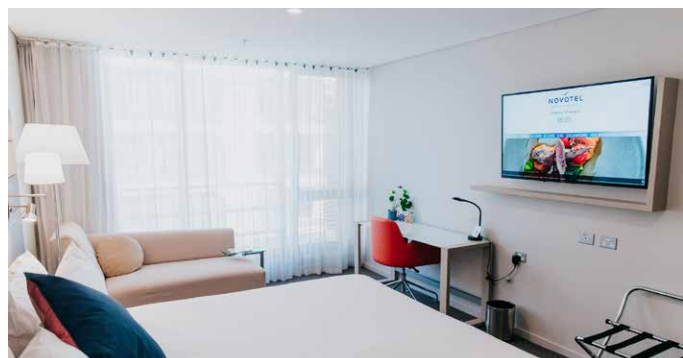
REGISTRATION

	RACGP MEMBER	NON-MEMBER
Early bird – until 26 March 2021	\$225	\$350
Standard – from 27 March 2021	\$250	\$375
Saturday night function		
– RACGP Fellow/guest	\$55	\$55
– Child \$25		
Join us remotely via Zoom*	\$150	\$175
REGISTER	Online here	nswact.events@racgp.org.au or tel 02 9886 4703

All prices quoted include GST.

*Minimum five people need to register to allow online streaming.

ACCOMMODATION



TO SECURE A ROOM

Please call **Novotel Newcastle Beach** reception at **02 4032 3700** or email **h8771@accor.com**

MENTION '**RACGP BLOCK CODE 437702**'
TO RECEIVE 15% DISCOUNT OFF THE BEST AVAILABLE RATE ON
THE DATE YOU STAY (BETWEEN 9–11 APRIL 2021)

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.