



RACGP VICTORIA
New Fellows Committee
IS PROUD TO PRESENT

WELLBEING WEEKEND 2020

Bellinzona

HEPBURN SPRINGS, VIC
14-15 MARCH 2020

Early bird rate: Register by 14 January 2020

WELLBEING WEEKEND

2019

A message from the Chair

The Victorian New Fellows Committee is excited to bring you our inaugural Wellbeing weekend. Being held at the beautiful Bellinzona Resort in Hepburn Springs, the weekend offers the opportunity to relax and rejuvenate, while learning new skills and connecting with other like-minded GPs.

The program incorporates a variety of educational workshops and sessions focussing on ways to minimise day-to-day stress and optimise the health, self-care and wellbeing of you and your patients. There will be plenty of opportunities for networking and joining in fun activities and we have no doubt that you will leave the weekend feeling healthier, more engaged and inspired.

The program has been designed by the RACGP Victoria New Fellows committee for all General Practitioners, including New Fellows and GPs working towards Fellowship.

Dr Natalia Rode
Chair, RACGP Victoria
New Fellows Committee

VENUE

Bellinzona Resort

Located 90 minutes' drive from Melbourne, Bellinzona Resort is nestled between the historic spa townships of Hepburn Springs & Daylesford, and only a short stroll to the renowned [Hepburn Springs Bathhouse](#).

With the majestic Wombat State Forest as the backdrop, guests can discover the peaceful walking trails and bike paths winding throughout. The region also offers visitors over 30 spa, wellness retreats and healing centres for those looking to relax and unwind.

SATURDAY EVENING

Family friendly

Bring your family to the conference and experience the many opportunities on offer at Bellinzona and Hepburn Springs. The area is renowned for its revitalising mineral springs, lively cafes, markets, walking tracks and other natural attractions.

Your conference registration includes a BBQ on Saturday. Additional tickets for your family members can be purchased.



PROGRAM

Saturday 14 March

7.00 – 8.00 am	Activity 1 – Yoga (Pranayama breathing)	Mr Haig Becker
	Activity 2 – Bushwalk	Dr Gerard Ingham
8.00 – 9.00 am	Registration	
	Breakfast for overnight guests	
9.00 – 10.15 am	Opening Plenary – ‘Every Doctor’	Dr Leanne Rowe
10.15 – 10.45 am	Morning tea	
10.45 – 12.00 pm	Creating an impact in every consult	Ms Kim Poyner, health coach
12.00 – 12.30 pm	‘Going Under’ Q & A	Dr Sonia Henry
12.30 – 1.00 pm	Lunch	
1.00 – 2.30 pm	Mindfulness/self compassion	Dr Susan Barnett
2.30 – 3.00 pm	Afternoon tea	
3.00 – 4.30 pm (2 x 45 mins) Chose 2 of 3	Workshop 1 – Know your Why? Using values to guide your General practice career	Dr Susan Barnett
	Workshop 2 – Taking the stress out of medico-legal	Dr Owen Bradfield
	Workshop 3 – Creative Writing	Dr Susi Fox
4.30 – 4.50 pm	Smart Phone – Smart GP	
4.50 – 5.30 pm	Your Inner Diva! (families welcome)	Dr Gerard Ingham/ Suzanne Hobson
5.30 – 6.00 pm	Free time	
6.00 – 8.00 pm	BBQ (families welcome)	
8.00 – 8.30 pm	Music performance	Dr Gerard Ingham/ Suzanne Hobson

Sunday 15 March

7.00 – 8.00 am	Activity 1 – Yoga	Mr Haig Becker
	Activity 2 – Bushwalk	Dr Gerard Ingham
8.00 – 9.00 am	Breakfast	
9.00 – 10.30 am (2 x 45 mins) Chose 2 of 3	Workshop 1 – Time Management	Dr Sarah Lewis
	Workshop 2 – Imposter Syndrome/GP burnout	Dr Jocelyn Lowinger
	Workshop 3 – Helping patients to cope	Dr Gerard Ingham
10.30 – 11.00 am	Morning tea	
11.00 am – 12.30 pm (2 x 45 mins)	Workshop 1 Embracing new ways – practice ownership	Dr Sarah Lewis
	Workshop 2 Stress free billing	Dr Gerard Ingham
12.30 – 1.15 pm	‘Health Profession. Healthy Australia. What’s my role?’	Dr Caroline Johnson
1.15 – 2.00 pm	Lunch	

Program is subject to change.

REGISTRATION AND ACCOMMODATION

REGISTRATION

	RACGP member	Registrar members	Non-member
Full conference* Early bird - until 14 January 2020	\$250	\$215	\$300
Full conference* - standard	\$300	\$250	\$350
Saturday only – including BBQ	\$150	\$150	\$175
Additional BBQ dinner - adult	\$45	\$45	\$45
Additional BBQ dinner - child	\$20	\$20	\$20

All prices quoted include GST

*Full conference package includes full day catering Saturday with BBQ, morning tea and lunch on Sunday.



ACCOMMODATION

To secure a room please call **03 5348 2271** or email reception@bellinzona.com.au

Room type	Rate
Single Room (including breakfast)	\$195 single room/night
Double Room (including breakfast)	\$230 double room/night
Twin room (including breakfast)	\$115 twin room (per delegate)/night

All rooms come with complimentary Wi-Fi, air conditioning, private bathroom, flat screen TV, access to fitness centre, heated pool, spa and sauna.

For further information please contact the Vic Events team on **8699 0591** or email vic.events@racgp.org.au



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Healthy Australia.



RACGP

Royal Australian College of General Practitioners