

RACGP WESTERN AUSTRALIA  
IS PROUD TO PRESENT

# WELLBEING WEEKEND 2020

*Pullman Bunker Bay Resort*

NATURALISTE, WA  
13-14 JUNE 2020

*Early bird rate: Register by 3 April 2020*



**RACGP**

Royal Australian College of General Practitioners

[racgp.org.au](http://racgp.org.au)



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# WELLBEING WEEKEND

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## *Making your wellbeing a priority*

RACGP WA is committed to optimising the wellbeing of GPs and is very pleased to invite you to the inaugural 'Wellbeing Weekend' at the stunning Pullman Bunker Bay Resort.

The weekend offers the opportunity to relax and rejuvenate, while learning new skills and connecting with other like-minded GPs. The program includes discussions on the important issues that affect doctors' health, as well as practical workshops that are designed to provide you with new skills and different ways of enhancing your own wellbeing.

Set at a beautiful seaside location, the program includes yoga, beach walks, engaging presentations and small-group workshops.

There will be plenty of opportunities for networking and participating in fun activities. We have no doubt that you will leave the weekend feeling revitalised, more engaged and inspired.

The 'Wellbeing Weekend' has been designed by GPs for all GPs.

## VENUE

## *Pullman Bunker Bay Resort*

Located three hours south of Perth, Pullman Bunker Bay Resort is nestled alongside the crystal clear waters of beautiful Bunker Bay in the Margaret River Region.

With the stunning coastline, peaceful walking trails and bushland on the doorstep, you will truly feel removed from any day-to-day stresses and fully immerse yourself in the weekend's activities.

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## SATURDAY EVENING

## *Take the 'work' out of networking*

Relax and unwind with local wine tasting, delicious canapes, drinks and a gourmet BBQ featuring South West produce. Mingle and meet fellow GPs in a casual setting – partners welcome!

Your conference registration includes the dinner on Saturday. Additional tickets for guests can be purchased.



# PROGRAM

## Friday 12 June

6.30–8.00	Welcome drinks and canapes
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## Saturday 13 June

7.00–8.00 am	Yoga	
	Beach and bush walk	Dr Sean Stevens
8.30–9.00 am	Registration	
9.00–9.15am	Welcome to Country	
9.15–10.30 am	Opening Plenary – Living and leading with vitality	Jeremy Watkins
10.30–11.00 am	Morning tea	
11.00 am – 1.00 pm (2 x 60 mins)	Workshop 1 – Work-life balance and avoiding burnout	Dr Geoff Riley
	Workshop 2 – Using mindfulness to enhance clinical practice	Dr Sarah Moore
1.00–1.30 pm	Plenary – Importance of GPs having a GP   Mental health	Dr Sarah Newman
1.30 – 2.10 pm	Lunch	
2.10–5.15 pm Group activities (choose one)	Activity 1 – Painting	Heidi Emma Art
	Activity 2 – Aboriginal cultural food tour	Koomal Dreaming
	Activity 3 – Pottery	
5.15–6.30 pm	Free time	
6.30 pm	Dinner and wine tasting	

## Sunday 14 June

7.00–8.00 am	Yoga	
	Beach and bush walk	
	Surfing - optional extra	
8.30–9.00 am	Registration	
9.00 am – 11.00 pm (2 x 60 mins)	Workshop 1 – How your values impact your practice	Julie Loveny
	Workshop 2 – Importance of patient/dr/friend boundaries	Dr Eric Khong
11.00 – 11.30 am	Morning tea	
11.30 am – 1.00 pm (2 x 45 mins) choose two	Workshop 1 – Structuring appointments to suit your style of practice	Dr Sean Stevens
	Workshop 2 – Financial Wellbeing	Melinda Walker
	Workshop 3 – Stress free billing	
1.00 pm – 1.45 pm	Next steps: thinking differently, doing differently	Jeremy Watkins
1.45 – 2.45 pm	Lunch	

Program is subject to change.



# REGISTRATION AND ACCOMMODATION

## REGISTRATION

[REGISTER NOW](#)

	RACGP member	Non-member
Full conference* Early bird - until 3 April 2020	\$295	\$350
Full conference* - standard	\$345	\$400
Additional BBQ dinner - adult	\$45	\$45

All prices quoted include GST

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



## ACCOMMODATION

To secure a room please call **08 9756 9100** or [book online](#)

When booking, please quote Royal Australian College of General Practitioners.

Company code: **SCP2606025** Access code: **TH778AU915**

Room type	Rate
Studio Villa – Single occupancy (including breakfast)	\$209 single room/night
Studio Villa – Double occupancy (including breakfast)	\$236 double room/night
Two bedroom Villa – Maximum five people (including breakfast for two adults and two children under 12)	\$329 per night

**Each villa features lake or garden views, an outdoor courtyard or deck, boardwalk access to the beach, a kitchen or kitchenette, indulgent deep bath, flat screen TV and complimentary WiFi.**

For further information please contact the WA Events team on **08 9489 9555**  
or email [WA.events@racgp.org.au](mailto:WA.events@racgp.org.au)

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