

RACGP NSW&ACT
NEW FELLOWS COMMITTEE
IS PROUD TO PRESENT

WELLBEING WEEKEND 2023

27-28 MAY 2023
SAILS BY RYDGES
PORT MACQUARIE, NSW

EARLY-BIRD RATE: REGISTER BY 5 MAY 2023

A MESSAGE FROM THE CHAIR



Dr Natasha Feingold

The RACGP NSW&ACT New Fellows Committee is very excited to welcome you to our fifth wellbeing weekend!

This event has been designed to encourage all GPs to prioritise self-care, balance and wellbeing in their careers. This is a perfect opportunity to bring the family and make it a weekend getaway!

Dr Ashlea Broomfield has designed an interactive and engaging program set in beautiful Port Macquarie, on the mid north coast of NSW.

We encourage you to explore the program and be inspired to join our weekend workshop to focus on your own wellbeing and come back feeling refreshed and revitalised.

Dr Natasha Feingold
Chair, RACGP NSW&ACT
New Fellows Committee



WEEKEND SOCIAL ACTIVITIES

MAKING YOUR HEALTH A PRIORITY

RACGP NSW&ACT is committed to optimising the wellbeing of GPs and is very pleased to invite you to our wellbeing weekend at Sails by Rydges in Port Macquarie.

The weekend will include discussion of important issues that affect doctors' health, as well as practical workshops designed to equip you with new skills and different ways of enhancing your own wellbeing.

Set at a beautiful seaside location, the program includes yoga, coastal walks, surfing, engaging presentations and small-group workshops and is relevant to GPs at all career stages.



SATURDAY NIGHT

TAKE THE 'WORK' OUT OF NETWORKING!

Relax to soothing music while you sample delicious canapés and indulge in our two-hour beverage package! Mingle and meet fellow GPs in a casual setting – families welcome!



PROGRAM OUTLINE

SATURDAY 27 MAY 2023

7.00–8.00 am	Early morning optional exercise	Surf lessons (at extra cost)
		Yoga
		Coastal walk – Dr Ashlea Broomfield
9.00–9.15 am	Welcome	Acknowledgment of country
9.15–11.00 am	Workshop session	Connecting with life – Dr Tim Francis
11.00–11.30 am	Morning tea	
11.30 am – 12.45 pm	Workshop session	Connecting to intimacy – Dr Ashlea Broomfield
12.45–1.30 pm	Lunch	
1.30–3.00 pm	Group activities (at extra cost)	Continuous line drawing class
		Painting class
3.00–3.15 pm	Afternoon tea	Optional: Mindful eating
3.15–4.45 pm	Workshop session	Connecting with nourishment – Rebecca May
4.30–7.30 pm	Free time	
7.30 pm	Retreat networking	Canapes & drinks

SUNDAY 28 MAY 2023

9.00–10.30 am	Workshop session	Connecting with creativity – Emma Gentle
10.30–11.00 am	Morning tea	
11.00 am – 1.30 pm	Concurrent sessions	Connecting to yourself – Dr Ashlea Broomfield
		Connecting to relationships – Dr Maria-Elena Lukeides
1.30–2.00 pm	Lunch	
2.00–3.00 pm	Workshop session	Connecting with distress – Dr Ashlea Broomfield and Dr Natasha Feingold

Program will meet 2023–25 CPD requirements. Subject to minor alterations.

REGISTRATION

	RACGP MEMBER	NON-MEMBER
Early-bird (by 5 May 2023)	\$485	\$515
Standard (from 5 May 2023)	\$535	\$565
Saturday dinner (New Fellow/guest)	\$88	\$88
Surfing	\$25	\$25
Drawing class	\$25	\$25
Painting class	\$25	\$25

REGISTER NOW**Contact:** nswact.events@racgp.org.au or 02 9886 4700

All prices include GST.

ACCOMMODATION



TO SECURE A ROOM

Please telephone **Sails Port Macquarie** on **02 6589 5100** or email reservations_sailsportmacquarie@evt.com

MENTION '**RACGP WELLBEING WEEKEND 2023**' TO RECEIVE
20% OFF DISCOUNTED RATES ON ACCOMMODATION

MORE INFORMATION

Contact **NSWACT Events** at nswact.events@racgp.org.au or **02 9886 4700**.



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Royal Australian College
of General Practitioners

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