



Register online 

Date

Saturday 10 August 2024

Time

9.00 am – 5.00 pm
(Optional dinner to follow)

Venue

Stamford Grand Adelaide
2 Jetty Road, Glenelg

Cost

(Early bird rate applies until 8 July)

RACGP Registrars

Early bird: \$150
Standard: \$200

RACGP Members

Early bird: \$200
Standard: \$250

Non-members

Early bird: \$300
Standard: \$350

Contact

Elaine Dalby
Member Engagement Coordinator
P: 08 8267 8362
E: elaine.dalby@racgp.org.au

The RACGP SA Women in General Practice Committee is excited to bring you the 2024 Women in general practice retreat.

Open to all GPs, including new Fellows and Registrars, the Retreat will be practical, interactive and provide plenty of opportunities to meet and talk with other GPs.

Sessions will include:

- Cardiovascular health in women
- The critical role of boundaries for female GPs
- Career fulfilment in medicine and beyond
- Business and finance skills for female GPs

Networking dinner

Your registration includes a dinner on the Saturday evening. Enhance your peer-to-peer networking and make the most of the opportunity to socialise with new and established acquaintances

Partners are welcome to attend. Cost for partners for pre-dinner drinks and dinner: \$95.00

Accommodation

Onsite accommodation is available to Retreat guests at a discounted rate (\$210 per night including breakfast) on 9-10 August 2024 inclusive.

To book a room at the discounted rate, call Reservations at the Stamford Grand Adelaide on 08 8376 1222 and quote: **ROY090824**.

Sponsored by



Program outline

9.00–9.15 am	Registration	
9.15–9.30 am	Retreat introduction and overview	Dr Siân Goodson Chair, RACGP SA and Chair, RACGP SA Women in General Practice Committee
9.30–10.45 am	Cardiovascular health in women <ul style="list-style-type: none"> • Overview of heart disease in women • Female specific risk factors • Differences in pathophysiology of acute coronary syndrome • Cardio-oncology in women 	Dr Julie Bradley Cardiologist, Advvara Heartcare
10.45–11.15 am	Morning tea	
11.15–12.30 pm	Caring for yourself to better care for your patients: the critical role of boundaries for female GPs <ul style="list-style-type: none"> • What boundaries are and why they matter for overall well-being • Factors that make setting and upholding boundaries so challenging • Insight into potential strategies for developing and maintaining boundaries 	Christina Sougleris Clinical Psychologist
12.30–1.30 pm	Lunch	
1.30–3.00 pm	Career fulfilment in medicine and beyond <ul style="list-style-type: none"> • Career planning: setting yourself up for success • Progression: strategic planning, proactivity and action, key skills, networks • CV writing: how to position yourself to stand out • Succession planning: what's next for you and the team you leave behind 	Anita Fletcher Consultant, Standout Medical Careers
3.00–3.30 pm	Afternoon tea	
3.30–5.00 pm	GP business: You <u>can</u> ask that This session will incorporate a 30-minute presentation addressing: <ul style="list-style-type: none"> • Business and finance skills for female GPs • Financial strategies for major life events such as parental leave and retirement • The 'hidden' things to look out for followed by an interactive workshop discussing general practice business and finance issues. 	Jennifer Rees Principal, William Buck Facilitated by RACGP SA Women in General Practice Committee members
5.00–5.15 pm	Retreat reflections and close	
5.30–6.30 pm	Pre-dinner drinks	
6.30 pm	Retreat networking dinner	