

RACGP NSW&ACT
NEW FELLOWS COMMITTEE
IS PROUD TO PRESENT

WELLBEING WEEKEND 2022

Connecting

22-23 OCTOBER 2022
AANUKA BEACH RESORT
COFFS HARBOUR, NSW

EARLY-BIRD RATE: REGISTER BY 7 OCTOBER 2022

A MESSAGE FROM THE CHAIR



Dr Natasha Feingold

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

This event has been designed by New Fellows for all GPs to encourage you to prioritise self-care, balance and wellbeing in your careers. We also encourage you to bring your family and make it a weekend getaway!

Dr Ashlea Broomfield has designed an interactive and engaging program set in beautiful Coffs Harbour, on the 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.

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 time to our wellbeing weekend at Aanuka Beach Resort in Coffs Harbour.

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, beach 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 the soothing music of a live band 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 22 OCTOBER 2022

		Surf lessons (at extra cost)
7.00–8.00 am	Early morning optional exercise	Yoga – Rebecca Gilby
		Mindful beach/bushwalk – 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	Dance classes – Laura Brien
		Basket weaving – TBC
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	Gaze and graze

SUNDAY 23 OCTOBER 2022

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 support – Dr Ashlea Broomfield and Dr Natasha Feingold

Program may be subject to minor alterations.

REGISTRATION

	RACGP MEMBER	NON-MEMBER
Early-bird (by 7 October 2022)	\$325	\$375
Standard (from 8 October 2022)	\$375	\$425
Saturday dinner (New Fellow/guest)	\$76	\$76
Surfing	\$25	\$25
Basket weaving	\$40	\$40
Dance class	\$15	\$15
REGISTER NOW		Contact: nswact.events@racgp.org.au or 02 9886 4703

All prices include GST.

ACCOMMODATION



TO SECURE A ROOM

Please call **BreakFree Aanuka Beach Resort** reception at **02 6652 7555** or email aanuka.res@breakfree.com.au

MENTION 'RACGP WELLBEING WEEKEND 22-23 OCTOBER 2022'
TO RECEIVE DISCOUNTED RATES

Hotel room including breakfast	\$184 per room / night
Paradise Spa Bure including breakfast	\$205 per room / night
2 bedroom spa villa including breakfast	\$330 per room / night

MORE INFORMATION

Contact **Samantha Milat** at RACGP NSW&ACT at samantha.milat@racgp.org.au or **02 9886 4707**.



Healthy Profession.
Healthy Australia.