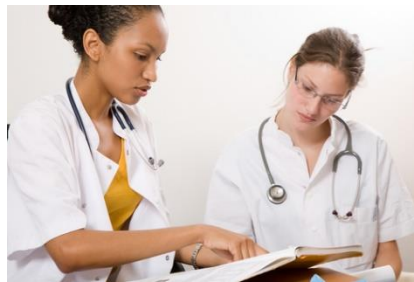




BUILDING RESILIENCE IN MEDICINE (BRIM)

As a Doctor in Training, building your medical career and balancing life outside of work can be stressful and challenging.



Doctors' Health SA is hosting this workshop focussed on

Female Doctors In Training (DiT)

A ***free*** one-day program that will provide you with the tools, resources and supports to enable you to **manage good health and wellbeing during your training** and preparing you to thrive onto the next stage of your doctor career!

Hosted by **Doctors' Health SA, Medical Director, Dr Roger Sexton** and facilitators:

“Mindful Self-Care for the Medic”

presented by **Dr Maura Kenny** (Consultant Psychiatrist)

“Medical Professional Time Management”

presented by **Mr Hugh Kearns** (Time Management Consultant)

“Mental Health in a Nut Shell”

presented by **Associate Professor Jill Benson** (GP)

BRIM for **Female DiT** will be held at

Australian Medical Placements
313 Payneham Road, Royston Park

Saturday 18th August, 2018

****The program starts at 8.00am, includes refreshments, lunch then concludes at 4.00pm****

For more information about the BRIM program and presenters visit Doctors' Health SA website
<http://doctorshealthsa.com.au/about-us/brim>

To **REGISTER** for **BRIM** by 10th August 2018, contact Program Officer, Kiara Cannizzaro by email
kiara.cannizzaro@doctorshealthsa.com.au or telephone 08 8232 1250.