



BUILDING RESILIENCE IN MEDICINE (BRIM)

Building your medical career and balancing life outside of work can be stressful and challenging.



Doctors' Health SA invites **New Fellows** to participate in this new and unique South Australian program.

A ***free*** one-day program that will provide you with the tools, resources and supports to enable you to **manage good health and wellbeing** and prepare 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 **NEW FELLOWS** will be held at
College House (RACGP)
15 Gover Street, North Adelaide

Saturday 8th September 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 1st September 2018, contact Program Officer, Kiara Cannizzaro by email
kiara.cannizzaro@doctorshealthsa.com.au or telephone 08 8232 1250.