



## Country Practice Retreat

*Doctors' Health SA is pleased to invite Rural Doctors to participate in a Country Practice Retreat.*

The format is similar to the highly acclaimed rural retreats conducted originally by Rural Doctors Workforce Agency. The Country Practice Retreat is supported by a Grant from Country SA PHN and Doctors' Health SA has engaged original facilitator, [Mr Hugh Kearns](#), to lead the program in May 2019.

This Retreat provides a unique opportunity for rural doctors to pause and reflect on their lives and to refresh and reinvigorate their goals and priorities.

***By attending the Retreat you will:***

- discover that you have choices which ultimately influence your quality of life
- make decisions about what you would like to change to improve your life as a busy rural medical professional
- develop strategies (including time management, communication, self-talk, self-awareness, saying no, dealing with perfectionism etc) to assist with change
- deal with obstacles or barriers to change, including internal (self-talk, high expectations, perfectionism) and external (workload, others' demands, lack of resources, financial and family pressures) barriers
- network with other rural doctors and share strategies for dealing with the challenges of rural practice

**18<sup>th</sup> & 19<sup>th</sup> May 2019**

***Stamford Grand Glenelg, Moseley Square on***

The program starts at 9am on the Saturday morning and concludes 12noon on the Sunday

There is no registration fee thanks to the Country SA PHN Grant with some financial support available for accommodation/travel. Doctors' Health SA encourages doctors to bring their families for the weekend to enjoy local activities during the day.

***\*\*To ensure the full impact of the program numbers are limited to 10 participants.***

Enquiries and registrations of interest are to be emailed to Program Officer, Kiara Cannizzaro – [kiara.cannizzaro@doctorshealthsa.com.au](mailto:kiara.cannizzaro@doctorshealthsa.com.au) or visit Doctors' Health SA webpage <http://doctorshealthsa.com.au/events/country-practice-retreat-for-rural-gps-may-2019>

