



Rural Doctors' Retreat Program

Saturday 10 & Sunday 11 October 2026

Facilitated by: Dr Hugh Kearns from [ThinkWell](#)

Hosted by: [Doctors' Health SA](#)

Venue: [Stamford Grand](#), Glenelg (Hindmarsh Rooms 1 & 2)

DAY 1: SATURDAY 1 AUGUST

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|--------------------------|---|
| 9.00am - 9.15am | Registration |
| 9.15am - 10.30am | Introductions and Discovering your priorities <ul style="list-style-type: none">• What has been significant in your life?• What motivates you?• How did you get where you are today? |
| 10.30am - 10.50am | Morning tea |
| 10.50am - 12.30pm | Discovering your priorities continued |
| 12.30pm - 1.30pm | Lunch |
| 1.30pm - 2.50pm | Identifying pressures and what can be changed <ul style="list-style-type: none">• What is the balance in your life like?• Where is pressure coming from and what effect it is having?• Identifying what you can change: setting a goal• Making sure it is achievable |
| 2.50pm - 3.15pm | Afternoon tea |
| 3.15pm - 4.15pm | Moving forward: What are your options? <ul style="list-style-type: none">• Time, balance and stress strategies that we know work• Which ones are most likely to work for you?• The real world: Why might they not work? |

DAY 2: SUNDAY 2 AUGUST

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|--------------------------|---|
| 9.15am - 10.30am | Moving forward: How do you change? <ul style="list-style-type: none">• What are the obstacles?• How do you overcome them?• Internal obstacles are the biggest – an evidence-based approach! |
| 10.30am - 10.45am | Morning tea |
| 10.45am - 12.00pm | Development of personal action plan <ul style="list-style-type: none">• More on overcoming obstacles• Setting up a plan that can work• Discussion about weekend and evaluation |
| 12.00pm | Program Close |

CPD - Total 9hrs

Educational

activities:

6 hours

Reviewing

performance:

3 hours



*Risk Management
Points apply if you
are a member*

Funded by

