



# Rural Doctors' Retreat Program

**Saturday 22 & Sunday 23 February 2025**

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

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

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

## DAY 1: SATURDAY 22 FEBRUARY

- 9.00am - 9.15am**      **Registration**
- 9.15am - 10.30am**      Introductions and Discovering your priorities I
- 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 II
- 12.30pm - 1.30pm**      **Lunch**
- 1.30pm - 2.50pm**      Identifying pressures and what can be changed
- 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?
- 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 23 FEBRUARY

- 9.15am - 10.30am**      Moving forward: How do you change?
- 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
- 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*

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To register your interest to attend, email Doctors' Health SA

[events@doctorshealthsa.com.au](mailto:events@doctorshealthsa.com.au)