



Country Practice Retreat

PROGRAM 26th & 27th AUGUST 2023

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

Hosted by [Doctors' Health SA](#)

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

SATURDAY - 26th August

9.00 Registration

9.15-10.30 Introductions and Discovering your priorities I

- What has been significant in your life?
- What motivates you?
- How did you get where you are today?

Morning tea

10.50-12.30 Discovering your priorities II

Lunch

1.30-2.50 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

Afternoon tea

3.15-4.15 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?

SUNDAY - 27th August

Funded by

9.15-10.30 Moving forward: How do you change?

- What are the obstacles?
- How do you overcome them?
- Internal obstacles are the biggest – an evidence-based approach!

Morning tea

10.45-12.00 Development of personal action plan & Close

- More on overcoming obstacles
- Setting up a plan that can work
- Discussion about weekend and evaluation

* Close

