



Country Practice Retreat

PROGRAM 27th & 28th May 2023

For Rural Doctors - Facilitated by Dr Maria Gardiner from [ThinkWell](#)
Hosted by [Doctors' Health SA](#)
Venue [Stamford Grand](#), Hindmarsh Rooms 1 & 2 (1st Floor), Glenelg

SATURDAY - 27th May

- 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 - 28th May

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

* Close



Points apply if
you are a
member



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