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Time Management for Busy Rural Doctors

Doctors' Health SA invites all rural medical practitioners to this evening workshop webinar with Rural Retreat Facilitator, Hugh Kearns!

This ****free**** 2-hour workshop will provide some practical information and skills in relation to:

- **Time management** – managing paperwork and emails, saying no, procrastination, overcommitting
- **Stress management** – guilt, dealing with excessive demands, stress
- **Work-life balance** – time for family and self, dealing with multiple demands



Thursday 20th May 2021

Zoom Link to be provided to registered participants.

7.00pm to 9.00pm

Will include information about the Doctors' Health SA program

Doctors' Health SA has invited **international expert and author, Hugh Kearns from ThinkWell**, to present his very popular time management for busy medical professionals – more about Hugh here www.ithinkwell.com.au

Every doctor who attends will receive a free copy of Hugh's time management book.

~ It will be an opportunity to virtually connect with colleagues across rural SA ~

****To ensure the full impact of the program numbers are limited****

A certificate of attendance can be provided upon request

Enquiries and registrations email:

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