



# Country Practice Retreat

**PROGRAM 18<sup>th</sup> & 19<sup>th</sup> February 2023**

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

Hosted by [Doctors' Health SA](#)

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

## SATURDAY - 18<sup>th</sup> February

**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 - 19<sup>th</sup> February

*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

