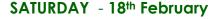


Country Practice Retreat

PROGRAM 18th & 19th February 2023

Facilitated by Mr Hugh Kearns from ThinkWell Hosted by **Doctors' Health SA**

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



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
- Which ones are most likely to work for you?
- The real world: Why might they not work?

SUNDAY – 19th 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 evidencebased 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





