

# Rural Doctors' Retreat Program

**Saturday 17 & Sunday 18 May 2025**

**Facilitated by:** Hugh Kearns from [ThinkWell](#)

**Hosted by:** [Doctors' Health NT](#)

**Venue:** Adina Vibe Waterfront

## DAY 1: SATURDAY 17 MAY

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|--------------------------|---|
| <b>9.00am - 9.15am</b>   | <b>Registration</b>   |
| <b>9.15am - 10.30am</b>  | <p>Introductions and Discovering your priorities I</p> <ul style="list-style-type: none"> <li>• What has been significant in your life?</li> <li>• What motivates you?</li> <li>• How did you get where you are today?</li> </ul>   |
| <b>10.30am - 10.50am</b> | <b>Morning tea</b>  |
| <b>10.50am - 12.30pm</b> | Discovering your priorities II  |
| <b>12.30pm - 1.30pm</b>  | <b>Lunch</b>  |
| <b>1.30pm - 2.50pm</b>   | <p>Identifying pressures and what can be changed</p> <ul style="list-style-type: none"> <li>• What is the balance in your life like?</li> <li>• Where is pressure coming from and what effect it is having?</li> <li>• Identifying what you can change: setting a goal</li> <li>• Making sure it is achievable</li> </ul> |
| <b>2.50pm - 3.15pm</b>   | <b>Afternoon tea</b>  |
| <b>3.15pm - 4.15pm</b>   | <p>Moving forward: What are your options?</p> <ul style="list-style-type: none"> <li>• Time, balance and stress strategies that we know work</li> <li>• Which ones are most likely to work for you?</li> <li>• The real world: Why might they not work?</li> </ul>  |

## DAY 2: SUNDAY 18 MAY

- |                          |  |
|--------------------------|--|
| <b>9.15am - 10.30am</b>  | <p>Moving forward: How do you change?</p> <ul style="list-style-type: none"> <li>• What are the obstacles?</li> <li>• How do you overcome them?</li> <li>• Internal obstacles are the biggest – an evidence-based approach!</li> </ul> |
| <b>10.30am - 10.45am</b> | <b>Morning tea</b>   |
| <b>10.45am - 12.00pm</b> | <p>Development of personal action plan</p> <ul style="list-style-type: none"> <li>• More on overcoming obstacles</li> <li>• Setting up a plan that can work</li> <li>• Discussion about weekend and evaluation</li> </ul>              |
| <b>12.00pm</b>           | <b>Program Close</b>   |

**CPD - Total 9hrs**

Educational activities:

6 hours

Reviewing performance:

3 hours



*Risk Management Points apply if you are a member*

**Funded by**



## Inclusions

- 1 or 2 night's accommodation
- 1½ day workshop
- Morning Tea, Afternoon Tea & Lunch

To register your interest to attend, email Doctors' Health NT

[events@doctorshealthsa.com.au](mailto:events@doctorshealthsa.com.au)