



Rural Doctors' Retreat Program

Saturday 14 & Sunday 15 June 2025

Facilitated by: Dr Maria Gardiner from [ThinkWell](#)

Hosted by: [Doctors' Health SA](#)

Venue: [Stamford Grand](#), Glenelg (Hindmarsh Rooms 1 & 2)

DAY 1: SATURDAY 14 JUNE

- 9.00am - 9.15am** **Registration**
- 9.15am - 10.30am** Introductions and Discovering your priorities I
- What has been significant in your life?
 - What motivates you?
 - How did you get where you are today?
- 10.30am - 10.50am** **Morning tea**
- 10.50am - 12.30pm** Discovering your priorities II
- 12.30pm - 1.30pm** **Lunch**
- 1.30pm - 2.50pm** 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
- 2.50pm - 3.15pm** **Afternoon tea**
- 3.15pm - 4.15pm** 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?

DAY 2: SUNDAY 15 JUNE

- 9.15am - 10.30am** Moving forward: How do you change?
- What are the obstacles?
 - How do you overcome them?
 - Internal obstacles are the biggest – an evidence-based approach!
- 10.30am - 10.45am** **Morning tea**
- 10.45am - 12.00pm** Development of personal action plan
- More on overcoming obstacles
 - Setting up a plan that can work
 - Discussion about weekend and evaluation
- 12.00pm** **Program Close**

CPD - Total 9hrs

Educational

activities:

6 hours

Reviewing

performance:

3 hours



*Risk Management
Points apply if you
are a member*

Funded by



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

events@doctorshealthsa.com.au