



## Dr Anita Moss

Founder Self Awareness Skills Training

"The most important relationship you will have is with yourself"

# Supporting medical professionals to enhance performance, meaning & fulfilment in all domains of life

## About

Dr Anita Moss is a Melbourne based GP obstetrician. She developed the full day workshop Self Awareness Skills Training to help doctors sharpen their emotional intelligence skills and to work intentionally to develop a greater sense of meaning and purpose in all aspects of life and relationships. SAST workshops have been run for members of the Royal Australian College of General Practitioners Future Leaders Program, the Australian Medical Students Association & an Aboriginal Medical Service in Perth. The workshops will be run for the Royal Australian and New Zealand College of Obstetricians & Gynaecologists in 2024.

"Change is the only constant in life. One's ability to adapt to change, determines one's success in life"

*Benjamin Franklin*



## Workshop

The interactive workshop empowers participants to reflect on their values and also their blind spots. By gaining insight into themselves and how they engage with the world around them, participants learn to identify their stress responses when symptoms are mild, so they can implement early action to reduce their vulnerability to burnout and mental ill health.

## Benefits

- Greater sense of autonomy
- Enhanced communication skills & performance
- Embracing imposter syndrome with emotional intelligence
- Self Compassion and kindness
- Improved stress management & reduced vulnerability to burnout

## CPD hours-RACGP quick log & RANZCOG

5.5 hours Reviewing Performance, 2 hours Educational Activities (7.5 hours total)

## Book a workshop

Workshops are designed for 15-25 participants, run onsite, which includes workbooks

## Contact

Email **Expression of Interest** to [info@sast.au](mailto:info@sast.au)

For more information please visit [www.sast.au](http://www.sast.au) or email [info@sast.au](mailto:info@sast.au)