

RACGP VICTORIA  
**NEW FELLOWS COMMITTEE**  
IS PROUD TO PRESENT

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GP WELLBEING  
WEEKEND 2022

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*Led by doctors, for doctors*

# PROGRAM OUTLINE

SATURDAY 2 APRIL 2022

8.00–9.00 am	<b>Registration and breakfast</b>	
9.00–9.20 am	<b>Welcome to Country</b>	Deanne Gilson
9.20–9.30 am	<b>Morning stretch</b>	
9.30–10.30 am	<b>Opening plenary:</b> For the love of being a GP – Keeping our health and mind positive among the difficulties	Dr Anita Muñoz
10.30–10.45 am	<b>Morning tea</b>	
10.45–12.00 pm	<b>Creating an impact in every consult</b>  Discover how to use your time more effectively and engage your patients to reach their potential. Enjoy the experience of: <ul style="list-style-type: none"><li>• the appreciative inquiry process to build self-efficacy</li><li>• motivational interviewing</li><li>• understanding at what stage to expect clients to make changes.</li></ul> We'll use these three coaching theories as we walk through a patient journey. Practical clinical tools will be used and demonstrated throughout the session. Map a patient holistically to be patient-centred and have a clear agenda for the session. Generate powerful questioning and elicit change talk. Understand the pace and readiness of your patients to give them the right tools and supports as they face new challenges.	Kim Poyner
12.00–1.00 pm	<b>Lunch and networking</b>	
1.00–2.30 pm	<b>Mindfulness/self-compassion</b>  Get an experiential introduction to the basic concepts underlying mindfulness and self-compassion.	
2.30–3.15 pm	<b>Afternoon tea</b>	

3.15–4.45 pm Choose 2 of 3 (2 x 45 mins)	<b>Workshop 1: Know your ‘why’ – Using values to guide your general practice career</b>	Dr Susan Barnett
	Determine your underlying values as a GP and how to use these to create goals/actions for the future.	
	<b>Workshop 2: Helping on Empty</b>	Shawn Goldberg - MindUp
	<p>This 45min workshop introduces the negative impact of helping and highlights strategies to protect us from it.</p> <p>A fundamental reason for working in our field is a desire to help those suffering. However, it is the empathic response that creates the greatest risk to Burnout, Vicarious trauma and Compassion fatigue. The good news is that by applying the ABCs of Resilience (awareness, balance and connection) we can neutralise the negative effects of our work.</p> <p>This talk aims to reinvigorate your passion for working in your field and re-experience the joy of helping those in need.</p>	
	<b>Workshop 3: Time management</b>	Dr Sarah Lewis
	<p>Learn to use your consulting skills, appointment scheduling, support staff and clinic structures to run your day smoothly. This session will help you stay on time, reduce stress and, most importantly, leave work at a reasonable hour to see your family and friends and maintain a life outside work.</p>	
4.45–5.00 pm	<b>Smart app, smart GP</b>	Dr Cathryn Liebau
	Share your favourite apps for you and your patients.	
5.00–6.30 pm	<b>Free time</b>	
6.30–8.00 pm	<b>BBQ dinner</b>	

## SUNDAY 3 APRIL 2022

### Optional activities: Yoga, walk

9.00–10.30 am Choose 2 of 3 (2 x 45 mins)	<b>Workshop 1: Creative writing – Sustaining patients and patience in the daily GP slog</b>	Dr Susi Fox
	<p>Harnessing principles of creativity and self-compassion, GP counsellor and author Dr Susi Fox will inspire you to engage your creative self as a mechanism to achieve and sustain a meaningful and joyous general practice career.</p>	

9.00–10.30 am Choose 2 of 3 (2 x 45 mins)	<b>Workshop 2: Doctor imposter – The art of practising medicine when you feel like a ‘fake’</b>  Imposter syndrome affects doctors of all ages and stages of training, and a connection is emerging between imposter syndrome and burnout, related psychological morbidity and suicide. Many doctors consider leaving clinical medicine because of this, which affects patient care, our profession and our society. This session uses a case-study approach to help you understand key facts about imposter syndrome, steps for working on it and tips for getting started in self-help.	Dr Jocelyn Lowinger
	<b>Workshop 3: Finding your forever practice</b>  The hard graft of achieving Fellowship is over, but your working life as a GP is just beginning. This session will explore the ins and outs of choosing a place to work and how the twists and turns of life may affect your decision-making.	Dr Ashley Hayes
10.30–11.00 am	<b>Morning tea</b>	
11.00 –12.30 pm Choose 2 of 3 (2 x 45 mins)	<b>Workshop 1: Embracing new ways – Practice ownership</b>  Hear Sarah's insights on her journey from opening a clinic with two partners to being the sole GP owner. Budding owners will have time to ask burning questions, and you'll get honest answers about the pros and cons of practice ownership.	Dr Sarah Lewis
	<b>Workshop 2: Stress-free billing</b>  More than 99% of doctors will never be subject of the Professional Services Review process, yet many worry inordinately about it. Get some accurate information about the Medicare Benefits Schedule process and hear Todd debunk some myths.	Dr Todd Cameron
	<b>Workshop 3: Exercise for you and your patients</b>  Learn about exercise physiology and how to help patients and yourself.	Grant McKechnie
12.30–1.15 pm	<b>Healthy profession, healthy Australia: What's my role?</b>  Get inspired to take an active interest in your profession, not only as a competent and compassionate clinician, but as an advocate for the specialism of general practice. We'll discuss how wellbeing encompasses making a positive contribution to our profession and explore strategies for a meaningful and sustainable career as a GP.	Dr Caroline Johnson
1.15–2.00 pm	<b>Lunch and close</b>	

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