

GP Wellbeing Retreat 15 October 2022

Self-Care | Reflection | Connection

Sydney North Health Network in partnership with the Doctors' Health Advisory invite General Practitioners to the inaugural GP Wellbeing Retreat being held at the beautiful Quarantine Station on the North Head of Manly.

This one-day free retreat will give GPs the chance to take some time for themselves, focussing on self-care, connection, growth, and reflection.

Date	Saturday 15 October, 2022
Time	8.30am to 5.00pm
Venue	The Quarantine Station, North Head Scenic Drive, Manly
Cost	Free for GPs practicing within the SNHN region
Speakers/ Facilitators	Dr Fiona Robinson, GP Dr Kathryn Hutt, Chair Doctors' Health Advisory & GP Ros Knight, Clinical Psychologist Susan Moylan-Coombs, Director of the Gaimaragal Group Christina Foxwell, Ignite Purpose
Register	https://sydneynorthhealthnetwork.org.au/education-event/gp-wellbeing-retreat/



GP Wellbeing Retreat

15 October 2022

8.30 am– 9.00am	Registration	Facilitator
9.00am – 9.15am	Welcome and acknowledgement to Country Ochre ceremony	PHN
9.15am – 9.30am	Overview for the day	Dr Fi Robinson
9.30am – 10.30am	Walk on country	Susan Moylan-Coombs
10.30am – 11.00am	Morning tea	
11.00am – 12.30pm	Peer connectedness	Dr Kathryn Hutt
12.30pm – 1.00pm	Practicalities of self-care	
1.00pm – 2.00pm	Lunch	
2.00pm – 3.00pm	Hope & Resilience	Ros Knight
3.00pm – 4.00pm	Journaling / <i>What if</i>	Christina Foxwell
4.00pm – 4.45pm	Choose your medicine: <ul style="list-style-type: none"> Pilates / Dance / Relaxation (music) Drawing / Mindful art 	Dr Fiona Robinson Dr Kathryn Hutt
4.45pm – 5.00pm	The path ahead and self-care pack distribution	Dr Fiona Robinson / Dr Kathryn Hutt

Facilitators/Speakers



Dr Kathryn Hutt, GP

Kathryn is the Medical Director at Doctors' Health NSW, an independent and confidential 24/7 support service for doctors to talk to an experienced GP about personal or professional issues. Hundreds of doctors and medical students use this service each year. She is also a part-time general practitioner in Mona Vale, Sydney. In addition, Kathryn provides regular fly-in GP services to remote NSW. Kathryn has additional qualifications in Public Health and Applied Ethics and is an active clinical member on a Sydney University Human Research Ethics Committee. In her role as an on-call doctor with Doctors' Health NSW, Kathryn has spoken to hundreds of doctors and medical students about their personal experiences. In her previous experience working with the NSW Medical Council, she has also witnessed the impacts on doctors of receiving a complaint or having an involvement with the regulatory system, and the importance of ensuring they can find adequate support at these times. Kathryn is passionate about the wellbeing of her colleagues and is committed to ensuring that all doctors and medical students have access to support whenever they need it.

Associate Professor Fiona Robinson, GP

Fiona is a GP in northern Sydney as well as a senior lecturer at USyd in medical education. Fiona is the Clinical Lead for HealthPathways and is very involved with the GP Shared Antenatal Care program. Fiona is also a member of the SNHN Education Advisory Committee and has a particular interest in GP wellbeing. Prevention is a real passion of Fiona's.



Ros Knight, Clinical Psychologist

Ros Knight is an Endorsed Clinical and Counselling Psychologist with 28 years' experience. She runs a Private Practice in Chatswood focussed on adults and adolescents with a broad range of mental health issues. She has over her career provided leadership and sat on many advisory groups within the Psychology Industry and Mental Health sector in particular and has a broad understanding of current issues.



Susan Moylan-Coombs

Susan Moylan-Coombs is the director of the Gaimaragal Group a company that was established to create a new story of connection and wellbeing for all Australians. Susan's ancestry is Woolwonga and Gurindji from the Northern Territory. She has extensive experience working with First Australian communities nationally and internationally. Susan previously held the positions of Executive Producer ABC's Indigenous Programs Unit and Head of Production, NITV a division of SBS.



Christina Foxwell is the founder of Ignite Purpose, a people and performance improvement practice in Sydney. She has led this business for ten years. Before that, Christina was a Partner in a Global Performance Company and held the General Manager and Sales Director positions. Christina is a Mental Fitness and Transformation Coach and consultant. She has a passion for people development and, with her team, works to deliver solutions that empower people, shift perspectives, and unlock growth, performance and most importantly, mental fitness.

