

A Lismore, Casino & Kyogle Clinical Society Event

Resilient Practice

Why Clinician Wellbeing is Important

Sometimes we put all our effort into working and other commitments, and we don't make self-care a priority. Eventually, this can lead to feeling burnt out, unwell or stressed. It might feel like we have nothing left to give. This is often called 'having an empty cup'.

What to expect

This event will provide information on burnout and compassion fatigue. Join us for dinner and networking before a highly interactive discussion on clinician wellbeing. Get to know the warning signs of compassion fatigue and burnout and develop practical strategies for collectively building resilience in the workplace. It's important we feel mentally healthy, safe and valued at work, so we can perform at our best and flourish in life.

Learning outcomes

- Identify the professional and personal stressors that may impact resilience in the workplace
- Identify the impact of toxic stress on physical and mental health
- Recognise the warning signs of compassion fatigue and burnout
- Develop practical and effective strategies to reduce burnout and build resilience

Who should attend?

All primary care professionals interested in developing a resilient practice including GPs, nurses, practice managers, allied health professionals, Aboriginal health practitioners, pharmacists and dentists.

Wednesday 21 April 2021
6.00–8.00pm

Invercauld House
163 Invercauld Rd, Goonellabah NSW 2480

FACILITATED BY

Dr Andy Williams, General Practitioner

Leanne Bryant, Workforce Manager, Healthy North Coast and Registered Nurse

SPEAKERS

Dragan Zan Wright, Psychotherapist, facilitator and supervisor

AND A MULTIDISCIPLINARY PANEL DISCUSSION

Register Now

hnc.org.au/lckcs-resilient-practice

CPD POINTS

Certificates of attendance will be provided, and we encourage you to self-submit for CPD/PDP.

ENQUIRIES

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