



## WELLBEING & PERFORMANCE OPTIMISATION WORKSHOP

**DAY 1 - Monday 5<sup>th</sup> September 2022**

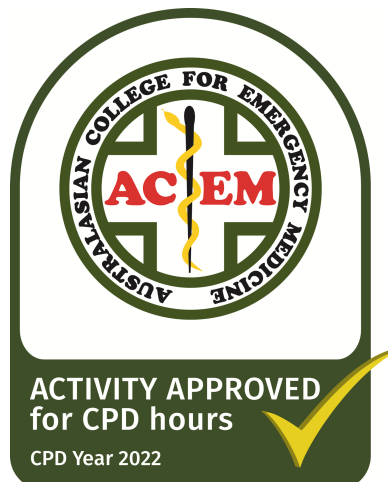
8.30am to 9.00am	Registration and Coffee
9.00am to 9.15am	<b>Welcome &amp; Introduction</b> Presenters: Drs Bethany Boulton & Melanie Rule Conference Room, Sofitel Noosa Pacific Resort
9.15am to 10.45am	<b>Leadership</b> Facilitator: Dr Shahina Braganza Presenters: Dr Tanya Kelly, Chair of QLD Clinical Senate & Kathy McKenzie, Fire Up Coaching Conference Room
10.45am to 11.15am	<b>Morning Tea</b> Outdoor terrace
11.15am to 12.45pm	<b>Career Flexibility</b> Presenter: Dr Michelle Johnston
12.45pm to 1.45pm	<b>Lunch</b> Outdoor Terrace
1.45pm to 2.45pm	<b>Career Transitions</b> Presenter: Dr Charley Greentree
2.45pm to 3.00pm	<b>Afternoon Tea</b> Outdoor Terrace Check-in available for Sofitel guests
3.00pm to 4.15pm	<b>The Power of Positivity</b> Presenter: Dr Allison Fifoot
4.45pm to 6.45pm	<b>Welcome Function – Sunset River Cruise</b> Kindly sponsored by MIPS Departs Sofitel Hotel jetty promptly at 4.45pm

## DAY 2 - Tuesday 6<sup>th</sup> September

6.30am to 8.00am	<b>Morning Wellness Activity (optional)</b> Option 1: Noosa National Park Walk Option 2: Noosa National Park Trail Run
9.00am to 10.30am	<b>Compassion in Healthcare</b> Presenter: Dr Shahina Braganza
10.30am to 11.00am	<b>Morning Tea</b> Outdoor Terrace
11.00am to 12.30pm	<b>The Art of Feedback</b> Presenter: Dr Bethany Boulton
12.30pm to 1.30pm	<b>Lunch</b> Outdoor Terrace
1.30pm to 3.00pm	<b>Debriefing</b> Presenter: Dr Una Harrington
3.00pm to 3.15 pm	<b>Afternoon Tea</b> Outdoor Terrace
3.30pm – 5.30pm	<b>Optional Wellness Activities</b>  <b>Option 1: Creative Writing Workshop</b> Presenter: Dr Michelle Johnston Author of “Dustfall” and “Tiny Uncertain Miracles” Conference Room, Sofitel Noosa Pacific Resort  <b>Option 2: Paint &amp; Sip</b> Please meet in hotel foyer at 3.30pm to be transported to the venue by taxi  <b>Option 3: Stand Up Paddle Boarding Lesson</b> Please meet in hotel foyer at 3.30pm to be escorted to the location for your lesson.
7.30pm to 10.30pm	<b>Dinner</b> Noosa Beach House Restaurant (Tickets available for partners at additional cost)

## DAY 3 - Wednesday 7<sup>th</sup> September

7.00am to 8.00am	<b>Yoga (optional)</b> Meet in foyer at Sofitel to walk to outdoor location near Noosa Main Beach. Yoga mats provided.
9.00am to 10.30am	<b>Communication &amp; Conflict Resolution</b> Presenter: Dr Melanie Rule
10.30am to 11.00am	<b>Morning Tea</b> Outdoor Terrace
11.00am to 12.30pm	<b>Reflective Practice &amp; Conference WRAP up</b> Presenters: The WRAP EM team
12.30pm to 1.30pm	<b>Lunch</b> Noosa Beach House Restaurant
1.30pm	<b>Conference concludes</b>



\*Approved for 10.5 hrs CPD