

invites you to attend

**Wednesdays, 1st & 8th June 2022**

## **GP Wellness Project**

GPs are under the pump more than ever before and many put their self-care last. GPs know that maintaining their own wellbeing benefits themselves and their patients. But knowing the practical strategies to 'do' wellbeing are another matter.

Join us to jumpstart your wellbeing with a small group of like-minded GP peers, to learn evidence-based practical strategies you can use at work and at home. The group will meet in person for two sessions, one week apart, led by Psychiatrist and Life Coach, Dr Ira van der Steenstraten, who specialises in doctors' wellbeing.

The sessions provide a safe space to focus on your wellbeing, rather than a one-size-fits-all approach. We tested the sessions on some experienced GPs, who said:

'The best parts were connecting with peers, debriefing with peers and sharing strategies and solutions with peers'.

'It was a good opportunity to see some of the tools and resources available to support self-care'.

'Peer connectedness was an unexpected positive outcome for me.'

'Great opportunity to reflect on your own circumstances'

For further information or questions, please email [contact@gppartners.com.au](mailto:contact@gppartners.com.au) or call one of our Board Directors:

Dr Murray Bingham  
0407 524 407

Dr Sharnti Caulley  
0407 036 501

Dr Beres Wenck  
0419 555 543

**Date:** Wednesdays, 1 & 8 June 2022

**Time:** 6.15pm dinner

6.45pm - 7.45pm session

**Venue:** AMAQ Board Room

88 L'Estrange Tce, Kelvin Grove

Spaces limited, 8-12 GPs. First in, best dressed.

Participants must be able to attend both sessions in person.

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or email**

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