



Doctors' Health NT  
PROFESSIONAL • CONFIDENTIAL

*presents*

# Building Resilience in Medicine

With

**Dr Jill Benson, AM (GP, Doctors' Health SA &  
Spinifex Health Service, Tjuntjuntjara)**

*Doctors' Health NT is pleased to invite all medical practitioners working in  
Nhulunbuy*

This **\*\*free\*\*** seminar that will explore the stressors of medicine and provide some practical information and skills for managing a busy, remote medical career and personal responsibilities, covering areas such as:

- ***Conflict between career and family/personal responsibilities***
  - ***Long work hours***
  - ***Skills to deal with stress***
  - ***How to protect yourself from burnout***
- ***Stigma regarding the competence of doctors with mental health problems***
- ***Always trying to keep up with the changes in medicine***

*~ Dinner will be provided ~  
~ Opportunity for networking with local colleagues ~*

**Thursday 27<sup>th</sup> August 2020**

***Latitude 12 Restaurant, Walkabout Lodge***

**6.00pm for 6.30pm**

Will conclude approx. 9.30pm

There is no registration fee, Doctors' Health NT is supporting this event for all registered medical practitioner in NT – Details about Doctors' Health NT – [www.doctorshealthnt.com.au](http://www.doctorshealthnt.com.au)

*\*A certificate of attendance can be provided upon request\**

**Enquiries and registrations** are to be emailed to Program Manager, Kiara Cannizzaro – [events@doctorshealthsa.com.au](mailto:events@doctorshealthsa.com.au)

