



Doctors' Health NT  
PROFESSIONAL • CONFIDENTIAL

*presents*

# Time Management for Busy Medical Professionals

*Doctors' Health NT invites all medical practitioners to this evening webinar!*

This **\*\*free\*\*** 2-hour interactive on-line workshop will provide some practical information and skills in relation to:

- **Time management** – managing paperwork and emails, saying no, procrastination, overcommitting
- **Stress management** – guilt, dealing with excessive demands, stress
- **Work-life balance** – time for family and self, dealing with multiple demands

**Doctors' Health NT has invited international expert, Hugh Kearns from ThinkWell** to present his very popular time management for busy medical professionals – more about Hugh here - <https://www.ithinkwell.com.au/>

*Every person who attends will receive a free copy of Hugh's time management book.*

*~ Opportunity to connect with colleagues across the NT ~*

**Thursday 22<sup>nd</sup> September 2022**

**Zoom Link to be provided to registered participants.**

**7.00pm to 9.00pm**

*Program will include information about the Doctors' Health NT program.*

There is no registration fee, Doctors' Health NT supports this event for all registered medical practitioners and medical students in NT

Details about Doctors' Health NT – [www.doctorshealthnt.com.au](http://www.doctorshealthnt.com.au)

**\*\*To ensure the full impact of the program numbers are limited\*\***

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

**Enquiries and registrations** to be emailed to Program Assistant Kerri Warthold, at [kwarthold@amant.com.au](mailto:kwarthold@amant.com.au) RSVP by Monday 19<sup>th</sup> September

