



Doctors' Health NT
PROFESSIONAL • CONFIDENTIAL

presents

Time Management for Busy Medical Professionals

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

This ****free**** 2-hour 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 established in 2016 which is operated by Doctors' Health SA, 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 6th May 2021

Zoom Link to be provided to registered participants.

7.00pm to 9.00pm

Will include information about the Doctors' Health NT program.

There is no registration fee, Doctors' Health NT is supporting this inaugural event for all registered medical practitioner in NT – Details about Doctors' Health NT – 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

