



# GP LINK & LEARN

**WEDNESDAY**  
**15 MARCH 2023**  
6.30PM – 8.30PM

Register [HERE](#)  
By Wednesday 1 March  
Or scan QR code

Wellness from the inside out is about sustainable, vitality-enhancing activities, starting with yourself. Deliberate practice with your own wellbeing can provide insight into what interventions are likely to work for you, your community, and the patients that you care for. The focus of this session is purposeful self-care for General Practitioners (GP) within the context of a pandemic and the longevity of GPs engaged in an ever-evolving primary health care setting.



## Learning goals:

- Apply models such as Self-Practice Self-Reflection (SP/SR) to guide approach to wellness interventions.
- Evaluate different ways of caring for self and others, determining which approach is most likely to apply through experience.
- Develop actionable steps to practice wellness behaviours.

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