



**DRS4DRS ACT**  
Australian Capital Territory


Presents

# A Safe Space: Building a model of Doctor Wellbeing

*The AMA ACT and Drs4Drs ACT invites you to a day of discussion, lectures and a safe space to share, learn and reflect on your experience as a doctor or medical student*


 Saturday, 15 October 2022

 9.30am – 4.30pm

 AMA Office, Level 1  
39 Brisbane Ave, Barton ACT

*In-person encouraged but  
online option available*

 Free for ALL medical practitioners and students in the ACT

 Morning tea, lunch provided

**Registration Essential,  
Register Now:**

<https://tinyurl.com/3jv9mtdt>



## Sessions include:



Dr Chandi Perera  
Rheumatologist

**A Culture of Wellbeing - evidence and learnings from the Stanford University 'Well MD' model**



Dr Dana Phang  
Creator of Junior Doctor's  
Corner podcast

**How do we help junior doctors thrive?**

Learn how young doctors can be supported through the early years of their career by building personal skills and influencing system change.



May Erlinger  
Medical student and  
Women's Officer in  
Medical Students Society



Dr Michelle Barrett  
GP and Academic  
Coordinator at ANU



Denna Fryer  
Medical Student

**Wellbeing for Medical Students**

Through a series of brief presentations and a panel discussion, May, Michelle and Denna discuss current and potential strategies for building a culture of wellbeing for medical students



Dr Paresh Dawda  
GP and Palliative Care  
Researcher

**Workshops**

Our most popular sessions last time. A series of workshops looking at a culture of wellbeing from different perspectives to help build a model for the ACT.