



WELLBEING AT WORK

2022

“ Thank you for a great and well run program. I’m glad hospitals are taking mental health seriously. ”

“ Essential component of any junior doctor training program. ”

“ These sessions were invaluable! As a junior doctor, it is incredibly easy to feel overwhelmed with work and neglect ourselves. I think they re-iterate the old saying “you can’t pour from an empty cup”. Everybody should attend them. ”

**EQUIPPING OUR DOCTORS WITH
SKILLS TO THRIVE IN MEDICINE**



PROGRAM BACKGROUND

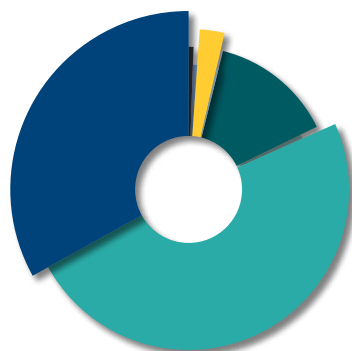
Doctors are facing unprecedented pressure and mental strain due to surging patient numbers and increased levels of disruption and uncertainty as we face a global pandemic. This is not a new issue for the medical profession but COVID-19 has certainly exacerbated the problem. There has never been a more important time to equip doctors with the right skills to care for their personal wellbeing so they can take better care of the health of their patients.

First-year interns, at the start of their careers, are also particularly vulnerable as they are experiencing significant change. They experience complex, compounding challenges that places their mental health at high risk. Presented by psychiatrist and wellbeing expert Dr Ira van der Steenstraten, the *Wellbeing at Work* program focuses on developing techniques for resilience and mindfulness, managing interpersonal relationships, navigating difficult scenarios and asking for help. The delivery of *Wellbeing at Work* will play an integral part of an intern's training at the vulnerable time of their entry into the workforce. It is well documented that a high level of wellbeing can enhance a person's leadership and improve their engagement with peers and other professionals, ultimately enhancing the quality of patient care.

2020-21 RATING OF WELLBEING AT WORK

STAR RATING OUT OF 6

EXCELLENT	418 people	★★★★★
	2 people	★★★★☆
	621 people	★★★★
	5 people	★★★☆☆
	178 people	★★★★★
NEUTRAL	3 people	★★★★☆
	32 people	★★★☆☆
	0 people	★★☆☆☆
	7 people	★★★☆☆
	1 person	★★☆☆☆
NOT GOOD AT ALL	8 people	★☆☆☆☆
	11 people	☆☆☆☆☆ Blank



95% of respondents rated the *Wellbeing at Work* program positively (scored between 4-6) in 2020-21

PROGRAM FORMAT AND DELIVERY MODE

The *Wellbeing at Work* program is delivered face-to-face over 2 x 90-minute sessions to allow for practicing of strategies that were covered in the first session.

Topics include:

- ▶ Strategies for personal empowerment;
- ▶ Developing mindful communication techniques for more effective engagement with others
- ▶ Skills for managing challenging scenarios in the workplace;
- ▶ An evidence based introduction to Mindfulness and how it can improve well-being in the workplace;
- ▶ Strategies for dealing with Burnout and Compassion Fatigue; and
- ▶ Practical tips on getting help.

AMA Queensland has helped and supported 4,188 interns develop robust resilience, healthier coping, and a range of self-care skills, amongst others mindfulness so they can better look after themselves and be able to deliver exemplary care for Queenslanders.

For enquiries or to book your hospital a *Wellbeing at Work* session contact us on **(07) 3872 2222** or email **wellbeing@amaq.com.au**

Hospital course dates for *Wellbeing at Work* will be allocated on a first come-first served basis.

CONTACT US

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