



Share an hour on Resilience and Wellbeing for General Practice

PHN EDUCATION SESSION

Do you feel stressed, fatigued, or overwhelmed? Do you think you may be heading towards burnout? What do you wish to change in your own health and wellbeing?

Join us for this one-hour webinar to find out about the principles of thriving, not surviving. Learn to identify the things you can control (*hint: it's in your mind!*). And find out about some useful tools to help increase your resilience, health and wellbeing.

Also learn more about access to support services and the new [General Practice Wellbeing Grants](#)

FACILITATORS: **Simon Matthews** (Psychologist and Certified Health Coach, FASLM, MHIthSci, DipIBLM, MAPS)
<https://simonmatthewsconsulting.com>

Erica Drew (Primary Health Network, Integrated Care & Central Coast Health Pathways)



WHO: **Administrators, Nurses, Practice Managers and General Practitioners**

WHEN: **Monday 26th April, 5.30 pm – 6.30 pm**

WHERE: **Online via GotoWebinar**

CONTACT: Please [Click here](#) to register

