



PRESENTS

WELLBEING & PERFORMANCE OPTIMISATION WORKSHOP

**SPICERS TAMARIND RETREAT
SUNSHINE COAST HINTERLAND
23-25th MARCH 2021**

Cost: \$600 Full Conference Program*
(Day Registration available)

An interactive conference for health professionals
with an interest in optimising their wellbeing
& improving their performance at work

Visit www.wrapem.org events page for full conference program
& more detailed event information.

To register your interest please email wrapemevents@gmail.com



PROGRAM[^]

DAY 1 (2PM START)

Introduction

Performance Optimisation Workshop

Welcome drinks & canapes

Dinner - Tamarind Restaurant

(Afternoon tea & dinner included)

DAY 2 (FULL DAY)

Morning Yoga

Work-Life Balance Workshop

Learning from Excellence

Finding your "Why" in Medicine

Optional Wellness Activities:

Rainforest Walk

Explore Maleny & local shops

Cooking school (additional cost)

Spa treatments (additional cost)

Dinner - Tamarind Restaurant

(Breakfast, morning tea, lunch,

afternoon tea & dinner included)

DAY 3 (FINISH 2PM)

Morning Mindfulness (including
guided meditation & waterfall walk)

Communication Skills &

Conflict Resolution

Developing a Personal Self-Care Plan

(Breakfast, morning tea & lunch

included)

*Please note conference registration fee listed does not include accommodation, optional cooking school registration & spa treatments.

Delegates will be provided with contact details to book these directly with Spicers Tamarind at conference rates.



[^]Conference Program is approved for 10hrs CPD with ACEM.