



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)



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

*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.