



Pre-Conference Workshop: Early Career Fellows

8 am – 0810am | Welcome & Introduction

- Overview of session objectives
- Introduction of facilitators and speakers

0810am – 855am | Session 1: Thriving in the First Five Years – Work-Life Balance & Wellness

Dr Melanie Johnson facilitating panel discussion with Dr Kate Walsh, Dr Anthia Rallis, Dr Elloise Smith & Dr Elle Knights

- Strategies for avoiding burnout and building resilience
- Managing on-call demands, family life, and self-care
- Setting boundaries and saying ‘no’ without guilt
- Mental health and seeking support when needed

0855am -0955am | Session 2: Finding the “Right” Practice & Attracting Patients

Dr Kate Walsh & Dr Elle Knights 20 mins each with 10 min Q&A

- How to choose the right hospital or private practice
- Understanding different business models (solo, group, public, mixed)
- Building a referral network and marketing yourself ethically
- The art of patient retention and engagement

0955am-1015am | Morning Tea & Networking Break (20 mins)

1015-1115am | Session 3: Difficult Conversations & Managing Patient Relationships

Case presentation 15 mins Dr Anthia Rallis

Marnie Kies, Avant Senior Associate 15 mins

30 mins group discussions

- How to "break up" with a patient professionally and ethically
- Managing difficult or demanding patients
- Handling patient complaints and medico-legal considerations
- Effective communication strategies to set expectations

1115-1145 | Session 4: Finding a mentor

Dr Elloise Smith

1145-1200 | Wrap-Up & Key Takeaways

- Summary of discussions
- Final Q&A and participant reflections