



Pre-Conference Workshop: Early Career Fellows

Date: Sunday, 19 October 2025
Time: 08.00am – 12pm
Venue: Adelaide Convention Centre

Program

08:00 AM – 08:15 AM | Welcome & Introduction

- Overview of session objectives
- Introduction of facilitators and speakers

08:15 AM – 09:00 AM | Session 1: Thriving in the First Five Years – Work-Life Balance & Wellness (45 mins, Panel Discussion) – 3 panellists + facilitator

- 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

09:00 AM – 10:00 AM | Session 2: Finding the “Right” Practice & Attracting Patients (60 mins, Didactic & 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

10:00 AM – 10:20 AM | Morning Tea & Networking Break (20 mins)

10:20 AM – 11:20 AM | Session 3: Difficult Conversations & Managing Patient Relationships (60 mins, Case-Based group discussion led by facilitator)

- 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

11:20 AM – 11:50 AM | Session 4: Finding a mentor (didactic) - Speaker from mentor group at RANZCOG

11:50 AM – 12:00 PM | Wrap-Up & Key Takeaways

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