

# The Clinician Reset Weekend



Sage Manor Bowral 26th - 28<sup>th</sup> June 2026

## A PROFESSIONAL RESET FOR DOCTORS & CLINICIANS

If you feel ready to pause, reflect and refill your cup,  
we would love to welcome you.

### Day 1, Friday 26th June, 2026

Time	Activity
2:00 PM	Check-in
2:30 PM	Afternoon Tea Available
3:00 PM	Welcome housekeeping, what to expect, group covenants Handout - Clinician Wellbeing Reflection Workbook
4:00 PM	Optional Gentle Yoga & Relaxation
4.30PM	Professional Welbeing Self-Assessment
6.00PM	Free Time
6:45 PM	Dinner Served
8:00PM	Breath lead Meditation
9.30PM	Quiet Time - Integration & Reflection

*"Restorative & also nurturing"*

*"The right mix of learning, and group discussion"*

*"Just what I needed - thank you"*

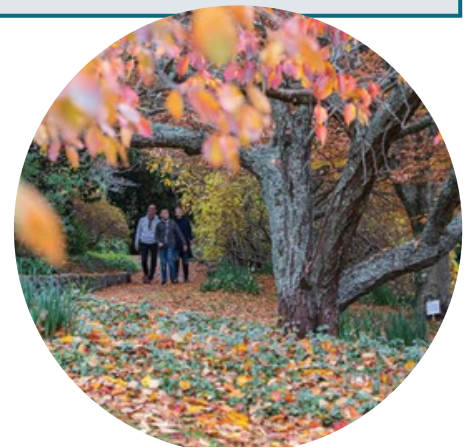
*"Informative & Interesting"*

*"Beautiful location and  
food was 5\*"*



## Day 2, Saturday 27<sup>th</sup> June, 2026

Time	Activity
7.00AM	Move: Option to rest, run, walk or participate in gentle yoga
8:00 AM	<b>Hot Breakfast on site Guests available Until 9:00 AM</b>
9:00 AM	Housekeeping - tracking CPD
9.15AM	Trauma Informed Healthcare - wellbeing for you and your patients
10:30 AM	<b>Morning Tea Available</b>
10:45 AM	Group session: Your annual discussion / Personal check In
12:15 PM	Mini Session - Restorative Breathwork - Brain, Heart, Body Coherence 3 minute reset between consults
12:45 PM	<b>Lunch Available</b>
2:00 PM	Discussion Major stressors: Fear of failure, burnout, emotional toll, strategies Personal sustainability plan
3:15 PM	<b>Afternoon Tea Available</b>
3:30 PM	Move #2 - rest, walk or join for restorative yoga with meditation training
4:45 PM	Group Check in & Discussion - around the Fire Pit
5:30 PM	Free Time
6:45 PM	<b>Dinner Served</b>
8:00 PM	Sound Healing and Meditation Reflection time as a carer
9.30PM	Quiet Time - Reflection & Integration





## Day 3 Sunday 28th June, 2026

Time	Activity
7:15 AM	Move: Option to rest, run, walk or participate in gentle yoga
8:00 AM	<b>Hot Breakfast available until 9:00 AM for house guests</b>
9:00 AM	Group activity: Difficult discussions   Challenging Clinical Encounters
	Mini Session 1 - The Neuroscience of Stress, Recovery and Happiness in Medical Practice Mini Session 2 - 7 Types of rest & the power of a mini break
10:45 AM	<b>Morning Tea Available</b>
12:15 PM	Group session: Your wellness plan - what's important, what changes do you need to bring in. Complete your self-care audit if not done already.
12:45 PM	Group session: Sign off on activities - recommitment to self
1:00 PM	<b>Lunch Available</b>
2:00 PM	<b>Departures</b>

1. Up to 14 hours of CPD aligned activities
2. Please note the program may adapt slightly to the needs of the group. If additional time or support is needed in a particular area, we will adjust the schedule to ensure participants gain the most benefit from the experience.

