



# PROGRAM

## BE EXTRAORDINARY CPD

**27<sup>TH</sup> MARCH FRIDAY FUNDAY - SETTLE IN AND SETTLE DOWN**

**2:00 pm** – Arrive at the fabulous QT Hotel Newcastle. Check into your room if you're staying onsite, or relax in our private room where all the action will take place.

**2:30 pm** – Formal Welcome

Meet your new colleagues and settle in over coffee and cake. We'll walk you through the program and what to expect from the CPD sessions and the weekend ahead.

**3:00 pm** – Feeling restless after travelling? Stretch your legs with a gentle walk from the hotel to the Beach. Explore NSW's most relaxed beach city - all year round the Harbour sparkles and the beaches are beautiful.

**4:30 pm** – Choose Your Wellness Experience

**Option 1: Heated Yoga at Yoga Body Works**

Have a play at Yoga Body Works Newcastle, where sweat meets zen. If you haven't tried heated yoga, you're in for an absolute treat!

**Option 2: Private Shopping Experience at Wilson & Hunter**

Not into yoga? Enjoy bubbles and a private shopping experience at one of Newcastle's best boutiques. Their philosophy is simple: every woman deserves to feel fantastic. Brands include: Alemas, Alessandra, Bec and Bridge, Blanca, Nude Lucy, Alias Mae, Silk Laundry, Up! Pants, The Upside, Peter Lang, House of Nunu & more.

**6:00 pm** – Welcome Drinks at Rooftop QT

Celebrate the start of your retreat with drinks nine floors up at the stunning Rooftop at QT. You'll delight in the panoramic views of beautiful Newcastle Harbour.

**6:45 pm** – Dinner at Jana Restaurant

Indulge in a two-course meal at QT's impressive Jana Restaurant. Discover Newcastle's surrounds through plate & palate, paired with local wines. Jana champions crisp local produce, simplicity, & sustainability. It's the perfect way to unwind & connect with fellow retreat guests. Nose to tail, cheek to cheek, this is down-to-earth dining at its best.



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### 28<sup>TH</sup> MARCH (SAT) - 4.5 HOURS REVIEWING PERFORMANCE

**7 am** - Optional yin yoga at Yoga Body Works

**10 am** - Group CPD session: Formal welcome, 2026 CPD requirements, mindfulness, self-compassion & critical consciousness for leadership

**11:15 am** - Morning tea break

**11:30 am** - Group CPD session: reviewing your biases in medicine (webinar Dr Kirsty Forrest)

**1 pm** - lunch at QT Hotel

**2 pm** - Group CPD session: Professional conversation & complete your professional development plan

**3:30 pm** - Afternoon tea & free time

**6 pm** - Optional wine tasting at Artisanal Cellars

**6:45 pm** - Banquet share dinner at Oh My Papa. If you are looking for a roller coaster ride of taste, you will love this meal. The chef at Oh My Papa believes food feeds the soul. They encourage a shared style of dining. Oh My Papa is an intimate gathering where people eat, drink and be merry.

### 29<sup>TH</sup> MARCH (SUN) - 4.5 HOURS MEASURING OUTCOMES

**8 am:** Optional yin & yang heated yoga session at Yoga Body Works

**10 am:** Group CPD session: Cultural Safety in Medicine (with Sarah Boyne)

**11:15 am:** Morning tea break

**11:30 am:** Group CPD session: Cultural Safety Audit Part 1

**1 pm:** Lunch at QT Hotel

**2 pm:** Group CPD session: Cultural Safety Audit Part 2

**3:30 pm** Close

**4 pm:** Optional yin & yang heated yoga session at Yoga Body Works

Note: Program is subject to change.