

The purpose of our CPD & well-being retreats is to provide delegates with training, education and study of well-being education for Continuing Professional Development (CPD) and professional skills relevant to their scope of practice that promote sustainable careers in medicine.

Aligned with the AHPRA/MBA CPD requirement changes of 2023 based off the Professional Performance Framework, our educational CPD retreats facilitate peer review and self-enquiry, promote self-agency and well-being, and support measuring outcome activities.

The retreats use a combination of group coaching, pair work and self-reflection. These intimate and expertly coached CPD retreats are an innovative and effective way to develop practical skills for well-being, such as self-awareness, self-mastery, and self-care skills, lifestyle health, and mindfulness meditation. Retreats provide education and training in coaching and leadership skills, professional sharing and active listening, goal setting and how to use the professional development plan as a self-coaching tool to leverage their professional development relevant to their scope of practice.

Guests are provided with pre-reading. With full attendance to the program CPD activities, attendees can accrue 12 hours of CPD, including 2 hours of education, 5 hours of reviewing performance (including the mandatory professional development plan, and a professional conversation), and 5 hours of measuring outcomes. All retreats embed elements of cultural safety and professional behaviours. The hours can be self-reported to a CPD home using provided templates and a participation certificate as evidence of activities. Each retreat accrues the same amount of CPD but with a difference theme. Be Well CPD is focused on self-care. Be Extraordinary CPD is focused on cultural safety and bias. Be Chill CPD's theme is stress management and burnout prevention.

CPD Activity Accrual

Be Well CPD: 2 hours education, 5 hours Reviewing Performance (including a professional conversation and professional development plan), & 5 hours Measuring Outcomes. All CPD activities embed elements of cultural safety, professional behaviours and ethics. The focus of this retreat is on self-care for medicine.

Be Extraordinary CPD: 2 hours education, 5 hours Reviewing Performance (including a professional conversation and professional development plan), & 5 hours Measuring Outcomes. All CPD activities embed elements of cultural safety, professional behaviours and ethics. The focus of this retreat is on cultural safety and bias in medicine.

Be Chill CPD: 2 hours education, 5 hours Reviewing Performance (including a professional conversation and professional development plan), & 5 hours Measuring Outcomes. All CPD activities embed elements of cultural safety, professional behaviours and ethics. The focus of this retreat is on stress management and burnout prevention.

You will be provided with a participation certificate after the conclusion that can be used for self-reporting CPD hours to your college.

If you would like to know further information, please do not hesitate to contact us
hello@ataraxiacollective.com.au