



## Dr Anita Moss

Founder Self Awareness Skills Training

“The most important relationship you will have is with yourself”

# Supporting medical professionals to enhance performance, meaning & fulfilment in all domains of life

## About

Dr Anita Moss is a Melbourne based GP obstetrician who developed the full day workshop Self Awareness Skills Training to help doctors sharpen their emotional intelligence skills, to work intentionally to develop a greater sense of meaning and purpose in all aspects of life and relationships.

## Workshop

The interactive workshop empowers participants to reflect on their values and also their blind spots. By gaining insight into themselves and how they engage with the world around them, participants learn to identify their stress responses when symptoms are mild, in order to implement early action, reducing vulnerability to burnout and mental ill health.

## Benefits

- Gain autonomy over your emotional responses
- Enhanced communication skills
- Develop your action plan to better manage challenges in life
- Self Compassion and kindness
- Improved stress management

## CPD hours

- RANZCOG 5.5 hrs RP, 2 hrs EA
- RACGP Quick log 3.5 hrs RP, 4 hrs EA
- ACCRM 5.5 hrs EA and 2 hrs RP

“Change is the only constant in life. One’s ability to adapt to change, determines one’s success in life“  
*Benjamin Franklin*

## Where

1Medical Sydney office  
13/1 Castlereagh St,  
Sydney NSW 2000

## Date

Saturday 6th July 2024  
Time: 8:30am - 5:00pm

## Cost

\$590- excluding GST



# 1medical

For more information please visit [www.sast.au](http://www.sast.au) or email [info@sast.au](mailto:info@sast.au)