



WELFARE AND CONTINUING PROFESSIONAL DEVELOPMENT

Did you know that you can include welfare related activities in the Category 5B Personal Advancement?

What activities, you may ask?

You could include courses or activities relating to stress management and improving your resilience at work. Many of these activities may also be eligible for financial reimbursement from your CME allowance.

Some examples of things you could include

- Professional supervision sessions e.g. Coaching or sessions with a clinical psychologist
- Mindfulness training
- Communication training
- Managing grief/Death/PTSD
- RACS Operating with Respect Module
- Workshops on dealing with bullying and harassment
- Cultural competence training

Go on – crack the 1000 CPD points in the next cycle – include activities in Category 5B, and prioritise your own welfare in the process.