

General Practice Network Meeting

North West

All general practice staff are invited to attend this meeting to network with colleagues and Murray PHN. Dr Natalie Flatt will also be attending to provide an interactive presentation on self-care and wellbeing in the workplace.

Date: Wednesday 25 November
Time: 12pm-2pm. Light lunch provided
Where: Monash University School of Rural Health,
231-237 Thirteenth Street, Mildura
Register: Register to attend [here](#) or use the QR code



Guest speaker – Dr Natalie Flatt

Dr Natalie Flatt is a PhD psychologist and co-founder of Connect Psych Services, an employee assistance program dedicated to improving mental health and wellbeing in the workplace.

With more than 16 years of experience across different industries, she values working closely with decision-makers to create contemporary, yet authentic motivation and behaviour change within teams.

A Victorian Committee member for Suicide Prevention Australia, and judging panel member for the National Safety Awards of Excellence, Natalie recognises the value of a 'how to' approach to wellbeing, that is backed by research and evidence.

Natalie brings together psycho-education and clinical best practice approaches to discuss the importance of identification and early intervention, so that individuals and organisations can avoid burnout, vicarious trauma, anxiety and stress.

