

MASTERING EXAM STRESS

WORKSHOP
TUESDAY 24 FEB
6-8PM @ RACS SA

An important milestone for surgical registrars is passing the viva fellowship examination. The ability to regulate the associated performance anxiety and additional chronic stress burden requires mental performance skills that can be learned. The workshop aims to share lived experience, research, theory, and practical skills that optimise “performance under pressure”. These skills also support wellbeing, mental health, fatigue management and ultimately professional longevity (Anton et al., 2021).



1 Q&A WITH FELLOW SURGEONS

2 THEORY & EVIDENCE BASED APPROACHES

3 PRACTICAL SKILLS & FOLLOW UP SUPPORT



FACILITATOR
Dr Nick Smith

RACS Fellow
Specialist in adult and paediatric
hand/wrist surgery.



FACILITATOR
Rosie Stanimirovic PhD

AHPRA Registered Psychologist
Performance Psychologist
Adelaide Football Club



REGISTER TO ATTEND
Tuesday 24 February

RACS SA 24 King William St
Arrive: 5:30pm (food & drink)
Scan the QR Code or email RACS SA

