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RURAL HEALTH

*This workshop will explain **rural hospital medicine** and **rural general practice careers**.*

Hosted by those currently working in rural Aotearoa, case discussions will bring to life the excitement, challenges and rewards of a rural career.



MENTAL HEALTH

Hard conversations can save lives.

*This workshop gives an introduction to **suicide prevention in Aotearoa**, addresses **fears**, and builds simple skills to **engage meaningfully** with distress, mental health and suicidality.*

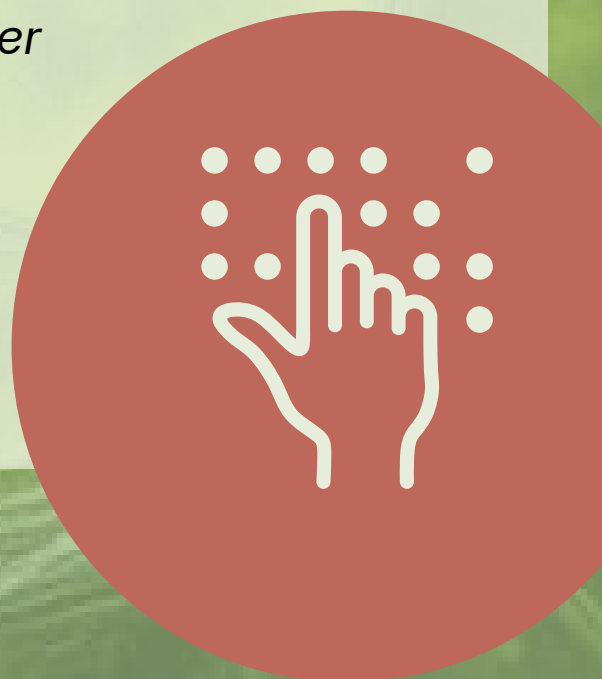


BRAILLE

Julie Woods got bitten by the Braille bug in 2001 after going blind and being forced to read in a different way.

Come along to this one hour braille awareness workshop where Julie will read with her very own fingers and you will get to learn about preferred formats for blind people and learn the letters of the braille alphabet using Easter eggs.

That's not all though, you'll leave with your very own name in braille as part of Julie's dream to write 1 million names in Braille, but not before Julie shows you what an ophthalmologist gave her in 2021 for her pre-op information.



WELLBEING & NUTRITION

Thriving in Medicine: Wellbeing & Mental Fitness

Join a Master Health Coach and Health Entrepreneur for practical strategies on building mental fitness, preventing burnout, and creating sustainable self-care in your medical career.

Learn to cultivate resilience, set healthy boundaries, and develop the inner strength to care for others while honouring your own needs. Walk away with actionable tools to thrive –not just survive–in medicine.



General Practice (GP)

Thinking about specialising as a GP? Join Dr Aisha Paulose to learn about the training pathway, funding, flexibility and the impact GPs make in their communities.



PASIFIKA

Dr Edmond Fehoko and Sela Pole -Fehoko will deliver a workshop on culturally intelligent engagement with Pacific peoples.

The session will highlight the importance of Pacific values, relationships, and communication in shaping culturally safe practice and preparing a future health workforce better equipped to support Pacific communities and improve health outcomes.



RADIOLOGY

Case-based lecture about the diverse range of diagnostic and interventional radiology in clinical practice. Learn about radiology training and enhance your chance of getting selected in the RANZCR national match.



MĀORI MOVEMENT

Māori Movement blends kapa haka foundations, contemporary movement, and storytelling to build rhythm, coordination, and confidence.

Rooted in Te Whare Tapa Whā, we explore the body not only as a physical vessel (taha tinana), but as part of a wider picture – engaging our mental/emotional (taha hinengaro), social (taha whānau), and spiritual (taha wairua) dimensions of wellbeing.



RESEARCH PANEL

*If you're curious about **research**, **gap years**, **summer studentships**, we've got it all in this panel.*

The panel will kōrero about their experience, and you'll also have a chance to ask your own pātai.



Conscious Connection

Chief Executive Adventure Guide and founder of BRAVE SOUL, Courtney Quintrell will facilitate an exploration of the energetic and spiritual side of connecting to self and to mother nature and how these connections contribute to our personal wellbeing and the wellbeing of our planet.

Learn about the interconnectedness of a holistic approach to health and take away powerful tools for improving quality of life for you, your patients, and Papatuanuku.



Maxillofacial Surgery

Darryl Tong is a Consultant Maxillofacial Surgeon, Professor, and Head of the Department of Oral Diagnostic and Surgical Sciences. His work spans both military and civilian trauma, with a particular focus on ballistic injuries of the head, face, and neck, as well as sports-related concussion and subconcussive impact research.

He is also actively involved in clinical and systematic review-based research across a broad range of oral and maxillofacial surgery topics, including dentoalveolar surgery, pathology, trauma, and dental implantology. Darryl will be presenting on the pathway into maxillofacial surgery, along with insights from his professional journey and experience in the field.

