



THE UNIVERSITY OF
AUCKLAND
Te Whare Wānanga o Tamaki Makaurau
NEW ZEALAND

**MEDICAL AND
HEALTH SCIENCES**

Centre for Medical and Health Sciences Education (CMHSE)

Special Online Seminar

Invited Speaker: Dr Fiona Moir

Wednesday 22 April, 12noon – 1pm

<https://auckland.zoom.us/j/96415038992>

A Pyramid of Self-Care Strategies: Staying Well Whilst Juggling Work and Home Commitments



Dr Fiona Moir has a background in Primary Care, Mental Health, Medical Education and her PhD focussed on practitioner wellbeing. She now leads the wellbeing curriculum in the Medical Programme and chairs The Pastoral Care Committee. Outside of her part-time University role, she is involved in a private capacity assisting organisations with conflict management and workplace wellbeing. This session will summarise some of the evidence regarding optimising psychological wellbeing, as well as specific strategies which may be especially useful during the current outbreak. Fiona will outline a format which can be used as a scaffold to create a personalised wellbeing plan, and will outline some useful resources.

Please join us on zoom:

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