

WELLMED Burnout Retreat



3-7 September 2019

Pelion, Greece

Dear colleagues,

We are very happy to invite you to the “**WELLMED Burnout Retreat**”, which will take place on 3-7 September 2019, in Mount Pelion in Greece.

Using the expertise and experience from the WELLMED meetings, the **WELLMED Burnout Retreat** addresses **health professionals and leaders in healthcare** interested in preventing burnout and enhancing resilience for both themselves and their team.

As the airline safety instructions remind us, we need to *‘put on our own oxygen mask before attending to others’*.

The Retreat

One out of two physicians and one out of three nurses are getting burnt-out with significant impact on their physical health, wellbeing, their family and personal life.

The goals of the 5-day retreat are:

To understand our **individual response** to burnout. Recognize early signs, change disruptive behavioral patterns, and modify disruptive work relationships.

To identify our personal resources for **enhancing resilience**. (Re)-discover fun at workplace as a coping mechanism, build a ‘psychological bridge’ back to our work role, learn to negotiate and achieve happiness at work.

To acquire the skills for **daily stress relief** and job recovery using the “switch on switch off” approach.

To **recalibrate our life** in order to rediscover our multiple selves, personal hobbies, and preferences. Does your life feel like it has shrunk?

To identify what practical steps healthcare leaders can take to establish the **job-person fit** in terms of work practices.



In addition, we would like to invite you to relax in one of the **most beautiful parts** of Greece, while enjoying the **sandy beaches**, picturesque **hiking paths**, and participating in all complimentary fun activities.

Indicative Daily program

8:30-9:30	Morning Yoga-Stretching (outdoors)
9:30-12:00	Retreat Activities (indoors)
12:00-13:30	Lunch
13:30-15:30	Retreat Activities (outdoors)
15:30-17:00	Elective Complimentary Activities
19:00	Dinner

Complimentary Activities



Greek Drama Retreat: Finding the actor within: During this weekly retreat participants will get an opportunity to discover the basic principles of Greek drama and use them to improve their self-awareness, while practicing skills necessary for modern life. The retreat is addressed to individuals with or without any previous experience of theatre, or drama. Through several group activities participants will get to explore new ways of achieving their goals, utilize their emotions to enrich their

relationships, and how to have fun while performing mundane every-day tasks.

Dancing is for all: We were all born to dance. However, modern life has gradually deprived us of this unique gift of rhythmical movement. Studies have systematically shown the benefits of dancing for physical health, emotional wellbeing and cognitive capacities. During the sessions participants will rediscover dancing as a way of stress-relief, reconnecting with their physical needs, and laugh. The main goal of the sessions is to have fun through all different forms of dancing, and even some invented by the participants themselves.

Story dads: This retreat is addressed to fathers seeking creative ways to enrich their relationship with their children. Based on research showing that story telling increases parent-child bonding, and improves the psychological health of the child and the father, participants will learn how to engage their children through the art of story-telling. At the end of the retreat, participating dads will be able to use information from their daily life, their work, their own family history, to make engaging stories and retell them to their children through different means: speaking, art, digital form.

The Team



Efharis Panagopoulou, PhD is an Associate Professor of Health Psychology and Communication in the Medical School of Aristotle University in Greece. After completing her doctoral thesis in Leiden University, The Netherlands, she joined the Medical School in 2002 with a European fellowship aimed at attracting leaders in psychology from abroad. To date, she is an expert in the field of burnout, stress recovery, and psychological resilience. She is the Founder, and Coordinator of the WELLMED network and all WELLMED international meetings. At her clinical practice, she is mainly working with health professionals dealing with emotional stress, demanding work environments, and disruptive work relationships.



Anthony Montgomery, is a Professor of Work and Organizational Psychology at the University of Macedonia (Thessaloniki, Greece). Since 1999, he has successfully combined the roles of organizational consultant and academic. He has published material in both the scientific and

popular press. He is actively involved in disseminating his research findings with the public in terms of blogs, podcasts and magazines. He is currently working with several healthcare leaders on how to create work environments promoting resilience in health professionals.

The **Wellmed network** is a network of academics, practitioners, physicians, and psychologists interested in the field of Health professional wellbeing, from 32 different countries. The network has so far organized three very successful international meetings (2014, 2016, 2018), which have advanced the theory and practice of promoting health professional wellbeing in clinical contexts. (www.wellmed.gr). The burnout retreat is based on the expertise acquired from the past meetings of the WELLMED network.



In addition, our team also includes a **wellness expert**, a **culinary specialist**, a **dance instructor**, and a **drama therapist**.

Location

Pelion in Greece is a place of great natural beauty. It is actually a large mountain dotted with traditional villages and exotic beaches. According to the Ancient Greek Mythology, Pelion was the summer habitat of the twelve gods of Olympus.



On the eastern side of the peninsula, there are wonderful beaches with exotic blue water. The soft slopes and easily accessed peaks make Mount Pelion a popular destination for hiking lovers and weekend mountain climbers. To top it off, they say the best mezedes in Greece come from Volos and Pelion, delicious snacks that go perfectly with the local drink of choice called *tsipuro*.

Our retreat will take place in **Portaria**, one of the most beautiful “ornaments” of Pelion, which is considered the ideal place for every traveler that seeks for quality vacation. Its natural beauty, its architectural style, its mansion houses, its places of interest and especially its unique picturesque setting, make it the ideal holiday destination and a splendid base for memorable excursions. We will stay

in the hotel Xenia Portarias.
<http://www.xeniaportarias.gr/en>

During our retreat we will:

(1) Visit Pinakates, a village out of a fairytale



A **village almost untouched by humans**, on the southern slopes of Pelion, pictures like a little secret **hidden in the Mountain of Centaurs**. People hardly knew of this place up until 1999, when a road from Vyzitsa to Pinakates was constructed to give access to this wonderful village.

(2) Take a ride with the magical train of Pelion

The little train of Pelion crosses the mythical routes of the Centaurs and the Dodecatheon.



This historical train that used to operate the whole route between Volos and Milies is literally running on the tracks of history. Construction

began in 1892. The chief engineer of the project was Evaristo De Chirico, father to the well know painter and sculptor Giorgio De Chirico, who was born in Volos. Little De Chirico was present during the construction works, observing this strange, new, means of transportation that was later to inspire him and take its place in many of his creations, usually in the form of a miniature train silhouette, half-hidden behind walls or arches, as seen through a child's "spying" gaze into the adult world.

<http://www.trainose.gr/en/tourism-culture/train-and-recreation/the-pelion-train/>

(3) Explore the amazing beaches of the area:

<https://www.greeka.com/thessaly/pelion/pelion-beaches.htm>

Practical Info

Cost: 950 euros pp including:

- 4 nights Half Board accommodation (based on single occupancy)
- Farewell dinner party
- All retreat activities
- Retreat material
- All complimentary activities (total cost 50 Euro)

In case of accompanying family members a parallel program has been organised. Please contact us for information.

Child minding and animation facilities are also available. For group reservations please contact us.

For registration and information please contact:

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