



Early Career Workshop Programme

Start Friday 17 October 2025 –6.30pm EWC Dinner at the Rydges Airport Hotel Private Room to greet everyone

The Early Career Workshop (ECW) will be a professional retreat for newly qualified surgeons across all specialties (a newly qualified surgeon is a surgeon who has successfully completed their surgical training within the last 10 years) across the surgical specialties focused on New Zealand. It will offer a unique opportunity for a group of newly qualified surgeons to share ideas and experiences and debate issues that affect their professional and personal lives.

The ECW will be held on **Saturday 18 October 2025** at the Rydges Hotel at Wellington Airport. It is intended to acknowledge and encourage the contribution of newly qualified surgeons in our organisations. It also serves to provide an avenue for newly qualified surgeons to have a voice and engage with their and other specialties and the larger health community.

The ECW program provides an opportunity for extensive discussion on “hot NZ topics” and time to relax, get to know other newly qualified surgeons and participate to challenge the body and mind. Above all, the ECW empowers participants to influence the way surgery is developed and delivered in the community, either as individuals or collectively.

You will receive 7 CPD points if attending.

Saturday 18 October 2025:

8.00am start Morning: Mihi/Karakia

8.15am Applying For, and Obtaining a Consultant Position: Presenter *TBC*

The early consultant years - navigating highs and lows. Working out the management structure, your role and how to contribute.

- What to look for in contracts etc from hospitals
- How to go about securing a position
- How to negotiate

9.00am HDC –Medial Protection Agency – Presenter *Dr Samantha King*

- HDC process
- How to speak up
- Managing adverse outcomes

10.00am Morning Tea provided

10.30am Focus on your Health and Wellbeing – Presenter *Lieutenant Colonel Stephen Kearny, Chief Mental Health Officer, NZ Defence Force*
Managing Stressful Situations



- Health and well-being Strategies
- Reservist Surgeons (civilian volunteers)

11.15am Developing Private Practice – Presenter *Dr Matthew Clark*

- Where to start
- Decisions to make
- Overview of NZ private insurance sector

12.00 Lunch provided

12.45pm NZ Health Environment – Presenter *Dr Andrew Connolly*

- Workplace Politics – strengthening Situational Awareness
- Overview of current NZ health environment

1.30pm Responsibilities of Becoming a consultant – Presenter *Dr Sarah Rennie*

- CME
- Other Things You Don't Know
- Managing Relationships
 - How to lead- working with juniors, inspiring, mentoring, supporting
 - Working with colleagues – dealing disagreements etc
 - Cultural Safety

3.00pm Afternoon Tea provided

3.30pm STRATA Overview – Presenter *Dr Deborah Wright*

3.50pm Building a sustainable career – short, medium, and long term goals – Presenter *Dr Vanessa Blair*

4.30pm Panel – What do you know now that you would have liked to know earlier

5.00pm End of the workshop