

# Conference themes and topics

- Development of well-being programmes in the organisation (University or public sector; Mental health and burnout, physical health and environmental elements, sports and recreation, overcoming unhealthy addictions; peer Support and Mentorship Programs)
- Mental Health
  - Support for Medical Students and Colleagues: Discussing the unique challenges faced by medical students and workers and exploring effective methods for providing mental health support and resources.
  - Stress and Burnout Management, Coping and Resilience Building: Techniques and strategies for managing stress, prevent burnout, building resilience, and maintaining well-being in high-pressure environments.
  - Work-Life Balance: Strategies for achieving a healthy balance between work, study, learning and personal life, including time management, communication skills, setting boundaries, and prioritizing self-care.
- Cultural Competence and Diversity in Healthcare: Recognizing the importance of cultural competence and diversity in providing effective healthcare and promoting well-being among both patients and healthcare professionals.
- Physical Health and Wellness: Discussing the importance of physical health, including exercise, nutrition, and preventive healthcare measures, in promoting overall well-being.
- Technology and Well-being: Exploring the potential benefits and challenges of integrating technology into well-being initiatives, including telemedicine, wellness apps, and online support communities.