

# Supervision weekend with Melinda Lake Timetable



## Friday

Check-in time is between 2pm and 8pm

Departure is 2pm Sunday.

Unless you have pre-arranged individual supervision outside these hours.

Arrive by car (2+ hours from Sydney CBD with traffic)

Arrive by train – nearest stations Mt Victoria or Bell (we can collect you).

3.30pm

Welcome – afternoon tea

7pm

Dinner

Personal time for the rest of the evening.

## Saturday

7.30am-8.30am

Self-serve breakfast

8.30am-9.15am

Morning walk to the look out

9.30am-11am

Session 1: Clarify group purpose, table individual and group goals and establish the agenda.

11am-11.30 Morning tea

11.30am-1pm Session 2: Problem solving drawing on expertise from the group. Directing ideas, opinions and experience to the tabled clinical dilemma.

1pm-2pm

Lunch



2pm-4pm  
Personal time

4pm-5.30pm  
Session 3: As per session two with direction toward a different set of clinical dilemmas.

6pm-7pm  
Dinner

7pm Personal time for the rest of the evening.

### Sunday

7.30am-8.30am  
Self-serve breakfast

9am-10.30am  
Session 4: Clarifying decisions and commitment to actions.

10.30am  
Morning tea

11am  
Buggy ride to Dam Cliffs Nature Reserve.

12.30pm  
Lunch

Depart by 2pm.

**Contact:**  
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