



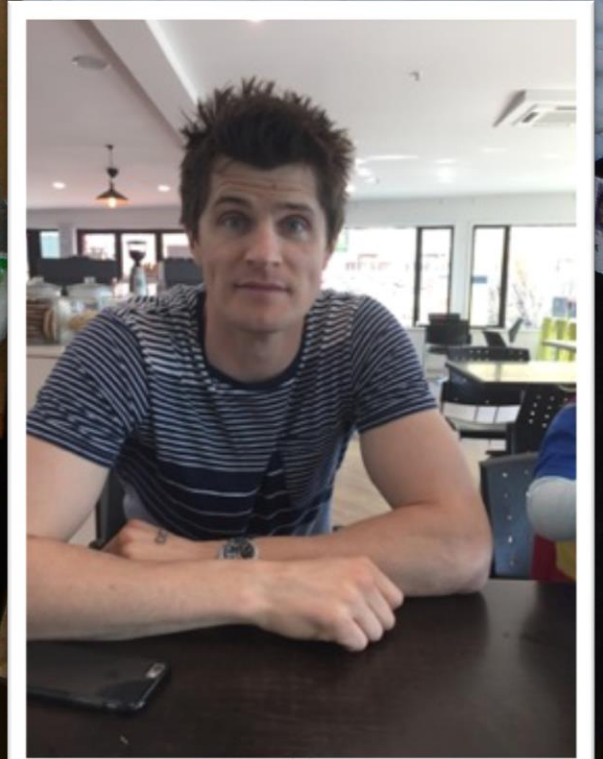
MEDICINE'S FOUR MINUTE MILE

Dr. Sam Hazledine

MEDWORLD

BE EXCEPTIONAL

Who am I?

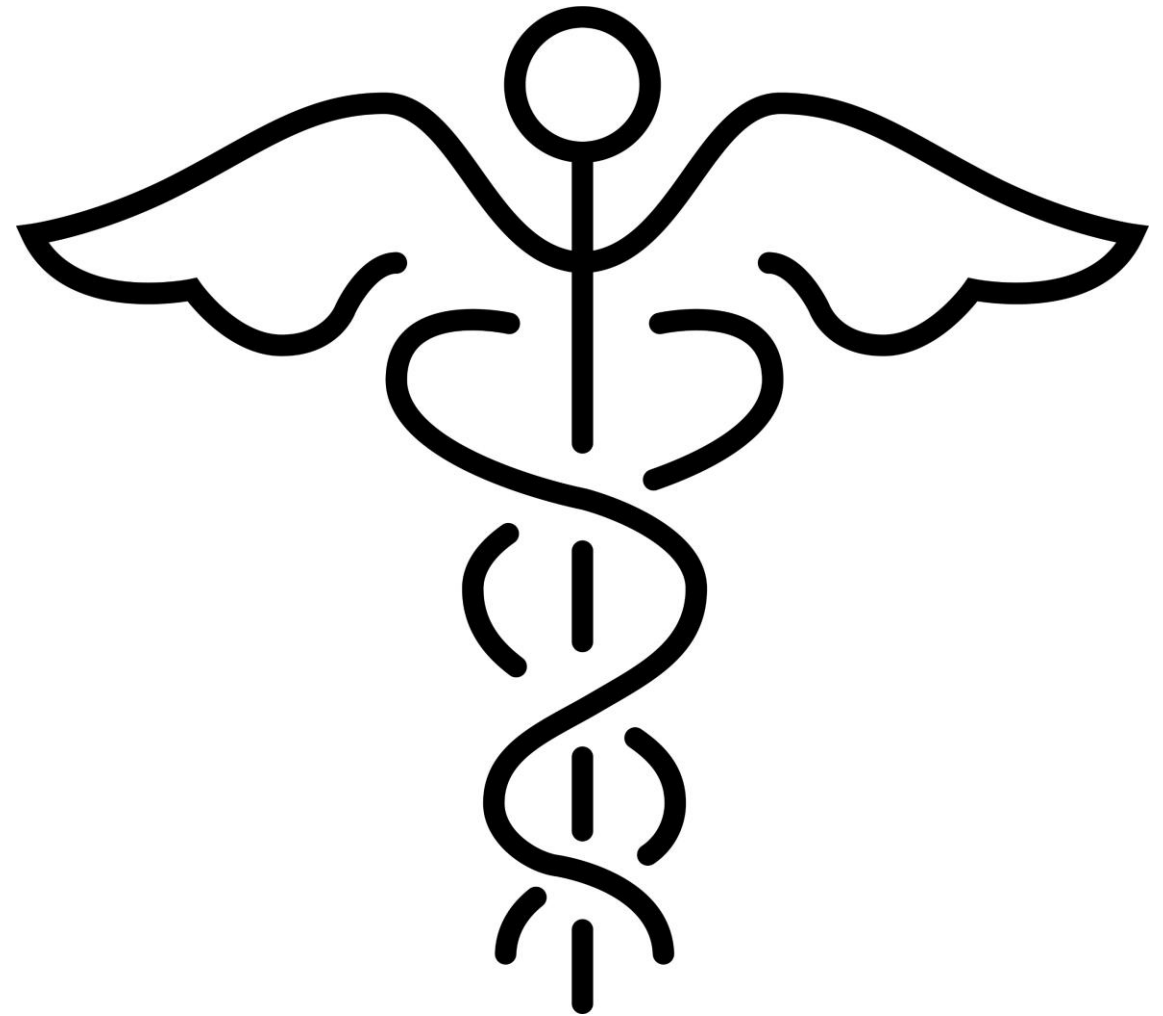


**Our dirty
little secret...**



What's our core principle?

First,
do no harm.



What's the cost?

Dr. Richard Harding
(1970 – 2017)



But...





A new paradigm

The old paradigm

I **sacrifice** everything
because my patients
come first

A new paradigm

I take care of myself

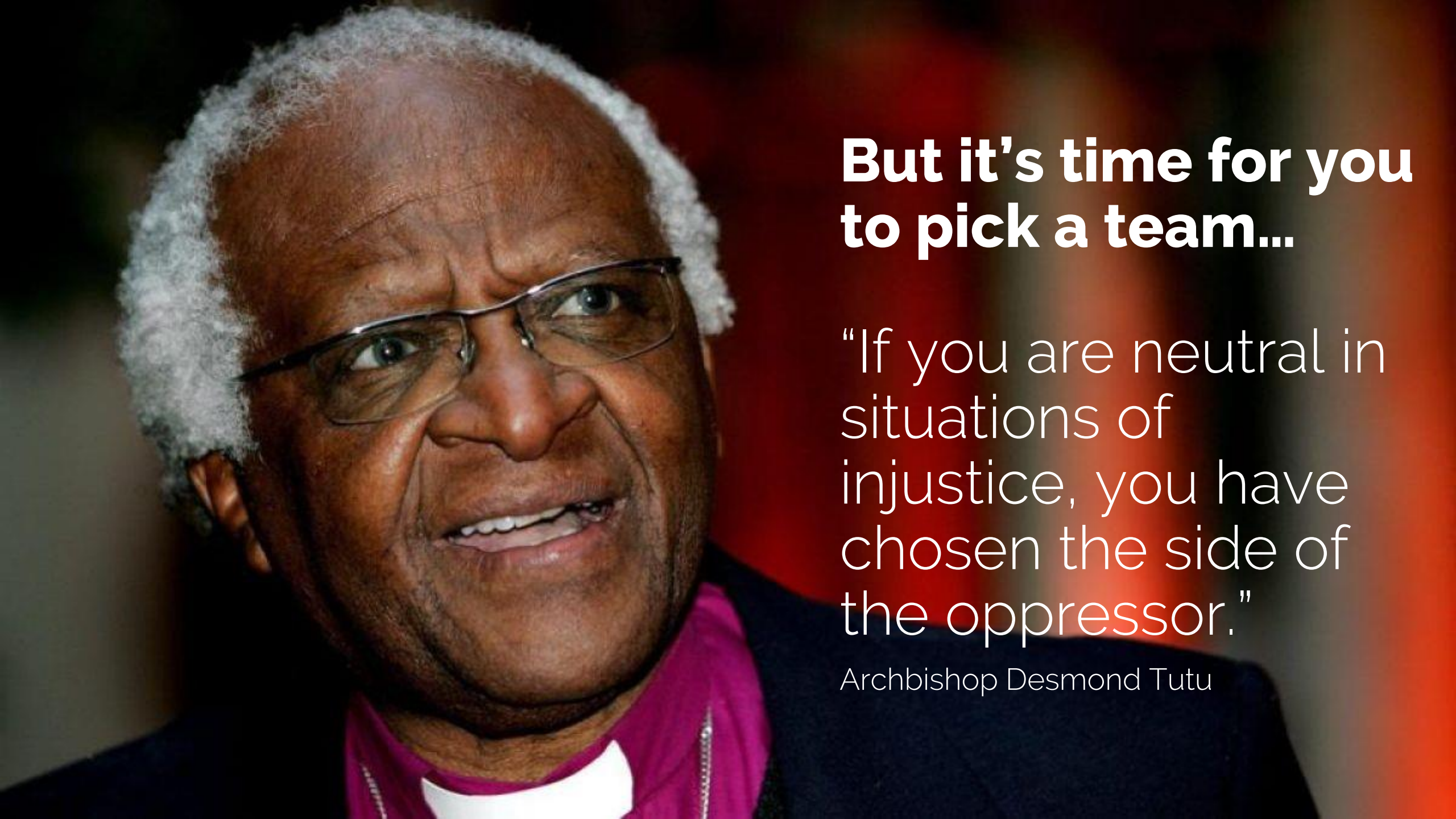
because my patients deserve
me at my best

Change is happening... slowly

I will attend to my own health, well-being, and abilities in order to provide care of the highest standard.



WMA



**But it's time for you
to pick a team...**

“If you are neutral in
situations of
injustice, you have
chosen the side of
the oppressor.”

Archbishop Desmond Tutu

A person stands on a rocky mountain peak, their arms raised in a gesture of triumph or joy. They are silhouetted against a bright, glowing sky where the sun is either rising or setting, creating a lens flare effect. The landscape is rugged, with dark, forested mountains and a valley below. The sky is filled with wispy clouds, and the overall atmosphere is one of awe and accomplishment.

The Exceptional Method

Medicine is a Journey

- Destination
- Focus
- Fuel
- Map
- Co-pilot
- Fuel stations
- Music



Making it a successful journey

Medicine is a Journey

Destination

Focus

Fuel

Map

Co-pilot

Fuel stations

Music

The Exceptional Method

Purpose

Presence

Physiology & Mindset

Momentum

Leverage

The Shift

Fun

Your Exceptional Method

www.MedRecruit.com/Be-Exceptional

It's not just individual doctors...

Organisations
must change!



**Because you
matter.**






**Because you, your patients
and your family matter.**

Be the change our profession needs

1. Get clear on your why
2. Show up each day engaged in the moment
3. Take care of your body and your mind
4. Set exciting outcomes and move towards them
5. Get a team around you to help
6. Fill up throughout the day
7. Have some fun



I **will attend** to my own health, well-being, and abilities in order to provide care of the highest standard.



THANK YOU

Sam.Hazledine@medrecruit.com

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