

PROGRAMME



# RESILIENT HEALTH

**Making Sense and Making a Change:  
Supporting Medical Professionals for  
Sustainable Success**



# RESTORE

As a medical professional, balancing the demands of your career with personal well-being is an ongoing challenge. The relentless pressures, immense responsibilities, and limited opportunities for downtime necessitate a unique set of skills and resilience.

Recognising these challenges, our programme is designed to provide the support and strategies needed to create a fulfilling career while achieving success in all areas of life. We offer a holistic learning experience focused on restoring energy and building the resilience required for sustained high performance.

## RHYTHM OF THE JOURNEY

We invite you to embark on our "**Making Sense and Making a Change**" programme—a 10-month guided journey that integrates individual and small group learning. The programme is structured to support gradual, meaningful changes that enhance and sustain performance across all facets of life.

Your journey begins with an introductory training session led by Dr. Chris van den Berg, Dr. André Kilian, and Wickus Guelpa. During this session, we will share our experiences, outline the programme's focus, and prepare you for the road ahead. You will also have the opportunity to connect with fellow participants and clarify your learning objectives.

The individual process starts with an online assessment of personal resilience, which will serve as the foundation for your learning and progress tracking. Throughout the programme, you will engage in regular individual coaching sessions, participate in a mid-programme group discussion, and celebrate your achievements with a final dinner for all participants.

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# OUR PROGRAMME

## TOPICS:

- 🎯 Life Phase and Goal Setting
- 🎯 Burnout and Health Disciplines
- 🎯 Relationships and Rhythms
- 🎯 Career Success and Planning
- 🎯 Resilience at Work
- 🎯 Sustainable Business Models

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**"One cannot recover lost time, but in some instances,  
one can recover what was lost over time."**



## ENROLMENT

Participating in our "Making Sense and Making a Change" programme empowers you to evaluate your current life and career status, make informed decisions about your future, and implement the changes necessary for a more balanced and resilient lifestyle. Our programme is designed to help you prioritise well-being, enhance resilience, and skillfully navigate the challenges of your career and personal life.

We are excited to welcome you on this journey. The programme is tailored for 8 participants to ensure personalised and peer-supported learning. Throughout the course, you will have the chance to engage with fellow participants in various ways to reinforce your learning experience. You may enrol as an individual or as part of a group of colleagues, and we offer customisation options for practices or businesses with specific needs.

To enrol or schedule an introductory call, please [click here](#) to request more information.

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[www.sigadvisory.co.za](http://www.sigadvisory.co.za)

**SIG ADVISORY**

**For more information and to initiate your journey with  
the SIG Resilient Health programme, please contact us at:**

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