



NZ WOMEN IN MEDICINE CONFERENCE 2024

Ko te tumanako me haere tahi tatou
Hope moves us forward together

Dr Joanna Sinclair

Jo is an Anaesthetist with a career-long interest in doctors' health and wellbeing. In early 2020 she was appointed the Senior Medical Officer Wellbeing Lead at Te Whatu Ora Counties Manukau, and in that role has been instrumental in bringing Schwartz Rounds to the organisation, and developing a Stress First Aid training programme. She is the hospital lead for the Health Roundtable Workforce Wellbeing Improvement Group.

In 2022, Jo was seconded into the role of Interim National Clinical Lead for Employee Wellbeing for Te Whatu Ora Health NZ. She works collaboratively with colleagues in the People and Communications Team to begin shifting our organisational culture to one that supports healthcare workers to thrive at work. In 2023, she attended the Stanford Chief Wellbeing Officer Course in San Francisco to further her capability in this area.

Jo has undertaken additional training in coaching and mentoring, critical incident stress management, leadership and communication. She is an Associate Fellow of the Royal Australasian College of Medical Administrators and co-chair of the ANZCA Wellbeing Special Interest Group.

