



Delivering Under Pressure

In collaboration with Converge International the Ministry of Health has developed the Delivering Under Pressure [DUP] program that has been specifically designed to enhance JMO wellbeing. This is a proactive, self-referral service. After receiving positive feedback on the pilot program we have secured funding to expand the service across NSW.

What is DUP?

DUP is a positive psychology solution focused coaching program that has been designed to support JMOs like you to thrive. Positive psychology focuses on wellbeing and the creation of a satisfying life filled with meaning, pleasure, engagement and accomplishment. It is not about putting on a happy face, sometimes life can be stressful, and challenges are inevitable.

However, there are evidence-based strategies that enable people to navigate these challenges more effectively and enable them to enjoy life, despite the stress and challenges.

Types of situations DUP can support JMOs with are:

- Managing stress
- Managing workload
- Learning to care without becoming emotionally exhausted
- Enhancing all aspects of health and wellbeing

Below is an outline of the program structure

SESSION 1 (1 HR)

- Reflect on your current work environment and personal challenges.
- Learn a variety of resilience strategies.
- Set goals and an action plan.

SESSION 2 (1 HR)

- Review your action plan, what worked and what could be done differently.
- Reset goals and create a new action plan.

SESSION 3 (1 HR)

- Review your action plan, what worked and what could be done differently.
- Reset goals and make ongoing commitments.

To arrange an appointment, you can contact us on **1300 566 321**