

## Dr Caroline West

### **GP, Health Broadcaster & Keynote Speaker / Workshop Facilitator**

Dr Caroline West is an experienced GP, a medical practice leader and a health broadcaster with a high profile having hosted and appeared on popular television programs that include *Catalyst*, *60 Minutes*, *The Drum*, *Ask the Doctor* and *The Project*. After working as a GP in Kings Cross for 30 years, in 2020 Caroline shifted her attention to remote area medicine in outback Australia.

An engaging speaker, Caroline draws on her expertise in nutrition, mental health and preventative medicine, to communicate the latest in medical advances, not only to her patients but also to her audiences. She speaks on topics that range from stress management and general wellness to ageing well, sexual health, and mental health. Caroline leaves her audiences with practical information and tools to help reduce stress and improve productivity.



### **More about Dr Caroline West:**

Dr Caroline West is the managing director of East Sydney Doctors, which has a team of 40 staff. She has always been passionate about helping communities facing drug and alcohol issues in the Sydney's Kings Cross area, where the medical practice is located.

After working as a GP in Kings Cross for 30 years, in 2020 Caroline shifted her attention to remote area medicine in outback Australia and working as a doctor in Broken Hill NSW.

In 2020 - 2021, she joined the Royal Flying Doctor team working as a doctor in remote communities and providing frontline support in Covid Respiratory Clinics from Hungerford QLD, to Yunta SA to Wilcannia NSW.

In March 2021 she joined the health team in Aboriginal health at Maari Ma, Broken Hill with a special interest in children's health issues, women's health and mental health.

Caroline's TV credits as a medical journalist include *Catalyst*, *The Project*, *Good Medicine*, *60 Minutes*, *Beyond 2000*, *Sex/Life*, *Living Longer*, *Guide to the Good Life*, *Mornings*, and *The Drum*. She is a presenter with *Catalyst* and *Ask the Doctor* on ABC TV and *The Project*. She has also

written more than 1,000 health features and columns for online, print and magazine journals.

Caroline was President of the Australian Society of Lifestyle Medicine (ASLM), has ambassador roles with Chronic Pain Australia, the City of Sydney, and presents seminars on wellness and lifestyle medicine. She holds a Bachelor of Medicine / Bachelor of Surgery from the University of NSW and a Fellowship of the Australasian Society of Lifestyle Medicine. On graduation from UNSW she was awarded the prize for most outstanding achievement in community medicine.

Caroline is a thought leader in the area of wellness and leadership believing that corporate and community leadership significantly drives healthy changes that enhance productivity, engagement and performance. Her workshops have been commissioned by many of Australia's leading companies from Commbank, to Austrade and KPMG.

Caroline is a passionate advocate for the health and wellbeing of health practitioners. She has designed, written and implemented "Don't just survive but Thrive" series of accredited courses with the RACGP that encourage health professionals to value their own wellness and mental health.

Caroline regularly cycles to work and enjoys surfboard riding, swimming and kayaking. A lover of art and music, she plays the guitar and ukulele at music festivals and has written songs for Australian country artists who have appeared on ABC records.

Caroline enjoys spending time with her extended family of children with her husband Tim.

## Client Testimonials

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“ Dr West delivered a highly engaging seminar as part of Open Universities Australia Workplace Wellness... It was well received and rated very highly by those attending. Staff were given practical information and tools to support them and a way to re focus their activities and priorities to reduce stress and improve productivity. Some of the initiatives and practical activities Dr West introduced to the group were immediately implemented and various groups formed quite spontaneously. I would highly recommend Dr West to lead highly motivating and interactive workplace sessions.

- *Open Universities Australia*

“ Caroline is one of the very best speakers I have seen. She has a large portfolio of topics she can speak on, including stress management, general wellness and ageing well, sexual health, mental health, keeping organisations healthy... Caroline is the ultimate professional and a true expert in her abilities to translate difficult scientific information and make it fun, interesting and meaningful for her audiences.

**- Australian Musculoskeletal Network**

“ Dr West developed a highly engaging, interactive program for health and wellbeing which was tailored to the needs of our team of senior managers at Austrade. Dr Wests’ program included relevant research and materials as well as practical and helpful tools and tips for each member of the team. She is a highly motivational presenter and has a wealth of information to support the all round health and well- being of a workplace team. I would highly recommend Dr West for those looking to improve the wellness, productivity and effectiveness of individuals and teams.

**- Austrade**

“ Dr Caroline West is a polished, professional and engaging speaker. Her topic ‘Health and Wellness at any age’ completely resonated with our audience and they absolutely loved her presentation! Caroline used the right amount of interaction with our audience and gave them practical tips they could take away and use in their day to day lives, while also sharing some of her own personal stories. Caroline was great to work with in the planning stages - always meeting our deadlines and seeking feedback so she could ensure her presentation was exactly what we were after. She was an absolute pleasure to work with and definitely contributed to the huge success of our event!

**- Commonwealth Bank**

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