



Dr Amelia Wong

Northland District Health Board
Advanced Trainee - Paediatric Medicine,
Co-Chair AoNZ Trainees' Committee

Amelia is the current Paediatric Co-Chair of the Aotearoa New Zealand trainee committee. She is an Advanced Trainee in General Paediatrics and Community Child Health, currently based in Tāmaki Makaurau.

"I am passionate about supporting my fellow trainees and advocating for trainee well-being. As a relatively new parent, I am facing the challenges of navigating the demands of work and training requirements with family life. With this in mind, I am looking forward to hearing from our speakers on their perspectives on finding a balance, and strategies that those of us early in our careers may be able to start putting into practice to avoid joining burnout statistics."