



**Te Rā o Ngā Tauria Mahi o Aotearoa
Niu Tīrani 2023**

RACP Aotearoa New Zealand Trainees' Day

Saturday, 1 April 2023 • The Millennium Hotel, Rotorua

Dr David Beaumont

Queenstown

Occupational Physician and Author at Positive Medicine Ltd

Dr David believes good health is the fast track to better living. Talking about a wholistic approach to medicine lights him up; he is energised by change and driven by the possibilities of an integrated approach. His life's work has culminated in a vision to inspire a different point of view. His mission is to get you in the driver's seat of your own health, and to invite like-minded doctors to come on the journey with him, to practice to a new model.

Dr David is a thinker, his book, *Positive Medicine: Disrupting the Future of Medical Practice* was a winner in the BMA Medical Book Awards 2022 in the Primary Care category. He makes sense of the complexities of the medical environment with logic, empathy and experience. David's ethos is firmly grounded in medicine. General Practice and occupational medicine paved the way to a better understanding of what people actually need.

Reinventing the way forward is now his focus.

David's philosophical approach to health aligns with Te Whare Tapa Whā | the Māori model of health. Te Whare Tapa Whā principles involve every domain of life: physical, psychological, emotional and spiritual/existential wellbeing. A wholistic approach, driven by self-empowerment, leads to meaningful results.