



Dr Rohan Poulter and his wife Dr Sophie Poulter at the Sunshine Coast University Hospital with Joanne Wilson (left).



Dr. Rohan Poulter and Dr Sophie Poulter working at the Sunshine Coast University Hospital.

sided doesn't work. It's the same if it's home life that is causing the strain. As energetic and fun as the boys can be, sometimes you need a parent's time out and finding ways to make that happen becomes a priority.

S: It is teamwork. Rohan and I support each other to take the lead when the other one can't because of work or just need some time out. There are days where we aren't perfect but the next day is a new one and we start again. Our boys are fabulous little creatures and there is rarely anything that can't be better with a hug.

What is the most challenging aspect of your roles and maintaining a great relationship?

R: Competing priorities. Whilst you want to say family always comes first, in medicine you also have commitments that you can't always and easily relinquish. Some work can be re-prioritised, but doing your job well sometimes means you can't leave on time if there are unwell patients to sort out. Family meetings can take longer than expected or the sheer volume of work is overwhelming

your team and they need guidance. Then at home, the family are waiting so we can have dinner together, which is important.

On the weekends, on-call commitments limit what activities we can do as a family and when. I certainly try and make the boys understand why I sometimes can't do what they want. Communication is so important.

S: We have so little spare time.

We have family dinners where we talk about our day and we both put the boys to bed each night. Lying in a pile with the boys while reading their bedtime stories is one of my favourite times of the day – it is good for my soul and I think a great time to connect with them. Making sure that Rohan and I get some time together can be tricky. Although we have date nights, I love that we can steal a few moments to have lunch together as well. Little moments can mean a lot.

Technology continues to entertain and challenge couples. Have you noticed any other testing trends as we surge on into 2018?

R: The complexity of our lives and

schedules. The boys also now have busy schedules of school activities, sports, play dates and birthday parties. Prioritising time to be together as a family can be challenging.

S: I would add the lack of the "village". There are so many people on the coast who have moved away from their families and support networks. For us, it was most noticeable when we were in Canada with our oldest son.

How do you unwind and separate work from your personal life?

R: I developed a passion for ice hockey while in Canada and follow the NHL more than any Australian sports. The boys have followed my interest. The first question my eldest son often asks when I get home is who played today and what were the scores. He's surprisingly good at remembering the league table.

On weekends I love getting out on our acreage property and looking after that. If we can get away for the weekend I have a trailer sailor boat that we take out on the lake. A day of sailing with the boys fishing and

swimming is the most relaxed I can be.

S: Taking time out with Rohan and the boys at my father's property is great to clear the mind to fully concentrate on them. I have a wildly neglected stand up paddle board that I have good intentions of getting back out on!

What are your goals for the rest of this year?

R: So much to do... I'm trying to finish a PhD I started in Canada so that's the biggest time pressure. We're also looking at the next stage of development of the University Hospital, so aligning the cardiology department for those changes will be important. I also have the whimsical dream of building a small wooden boat in the shed if I have time. The boys are keen to help.

S: Surviving the rush!

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