

2020 Physician Health & Well-being Conference							
WEDNESDAY, APRIL 15							
	Room	Main Room	Room 1	Room 2	Room 3	Room 4	Room 5
Time	Length	Sessions					
Day 1							
7:00	Group run/am yoga, etc. (optional activities) – Yoga for Providers – POLK/BORTHWICK – non-CME						
8:00-9:00	60	Breakfast					
9:00-9:30	30	Welcome and Opening Keynote – Why are WE here: the burnout impact on physician well-being – KNIGHT					
9:30-10:00	30	A Broken System – the AAFP Response – <i>tbd</i>					
10:00-10:30	30	Coaching Thread - Why are YOU here, and how can WE help? – GREENAWALD					
10:30-11:00	30	Break					
11:00-12:15	75	Workshop 1 – Recapturing the Joy in Medicine – <i>SANCHEZ-WOHLER</i> I	Workshop 2 – Yoga for the Type A Mind and Stressed Out Body – <i>BORTHWICK</i> I	Workshop 3 – Conversations that Connect – <i>FU/REED</i> I	Workshop 4 – Organizational Wellbeing Survey – <i>PIPAS</i> O	Workshop 5 – Financial Literacy – <i>TRAN</i> I	Workshop 6 – The Organizational Compact – <i>DECHANT</i> O
12:15-1:30	75	Lunch					
1:30-2:45	75	Workshop 1 – Letting Go of Perfectionism – <i>MARTIN</i> O, I	Workshop 2 – Personal Identity Formation: The Alignment of True and Projected Self – <i>STEPHENS</i> I	Workshop 3 – Balint Groups – <i>REED/NEASE</i> O, P	Workshop 4 – EMR Pearls and Documenting with Sanity – <i>WINNER</i> P	Workshop 5 – Financial Literacy – <i>TRAN</i> I	Workshop 6 – Lead the Wellness Movement in Your Organization with Elegance and Grace – 17 Keys to Wellness Program Success - <i>DRUMMOND</i> O, P
2:45-3:15	30	Break					
3:15-3:45	30	Plenary – Incivility in Health Care – Strategies to Deescalate Difficult Encounters – <i>SANCHEZ-WOHLER</i>					
3:45-4:15	30	Plenary – Thriving in Medicine: Tools to Battle Burnout and Heal the Culture of Health Care – <i>EULL</i>					
4:15		Adjourn					
4:15-4:45	Optional Guided Debriefing/Discussions – <i>GREENAWALD, EULL</i> - non-CME						
5:00	Participant Reception						
7:00	Optional Evening Group Activities						
7:00-7:45	Yin Yoga – <i>BLACKWELDER</i> – non-CME						

2020 Physician Health & Well-being Conference							
THURSDAY, APRIL 16							
7:00	Group run/am yoga, etc. (optional activities) – Yoga for Providers – POLK/BORTHWICK – non-CME						
8:00 – 9:00	60	Breakfast (ROUNDTABLE DISCUSSIONS)					
9:00-9:45	45	Opening Plenary - The Science of Gratitude – MARTIN					
9:45-10:15	30	Coaching Thread – Enhancing Your Personal Growth – GREENAWALD					
10:15-10:45	30	Break					
10:45-12:00	75	Workshop 1 – Culinary Medicine: Why a Whole Food, Plant-based Diet – MECHLEY I	Workshop 2 – Organizational Wellbeing Survey – PIPAS O	Workshop 3 – EMR Pearls and Documenting with Sanity – WINNER P	Workshop 4 – The Organizational Compact – DECHANT O	Workshop 5 -- Who am I: Lessons from Behind the Mask for Work and Wellness – STEPHENS I	Workshop 6 – Lead the Wellness Movement in Your Organization with Elegance and Grace – 17 Keys to Wellness Program Success - DRUMMOND O, P
12:00-1:15	75	Lunch					
1:15-2:30	75	Workshop 1 – Culinary Medicine: Why a Whole Food, Plant-based Diet – MECHLEY I	Workshop 2 – Yoga in Minutes – POLK I	Workshop 3 – Recapturing the Joy in Medicine – SANCHEZ-WOHLER I	Workshop 4 – EMR Inbox Management and Well-being Discussion – WINNER P	Workshop 5 – Who am I: Lessons from Behind the Mask for Work and Wellness – STEPHENS I	Workshop 6 – Balint Groups – REED/NEASE O, P
2:30-3:00	30	Break					
3:00-4:15	75	Workshop 1 – Letting Go of Perfectionism – MARTIN O, I	Workshop 2 - Yoga for the Type A Mind and Stressed Out Body – BORTHWICK I	Workshop 3 - Meaning in Medicine: Putting the Meaning Back in Medicine – FAZIO I	Workshop 4 - Gratitude Practice: How it Can Support Physicians to Cultivate Meaning in Medicine – CARAGOL I	Workshop 5 -- Engaging C Level Executives, Connecting to the Business and Clinical Case for Well-being Initiatives – DECHANT O	Workshop 6 - Build a Road Map to a More Ideal Practice – DRUMMOND P
4:15		Adjourn					
4:15-4:45	Optional Guided Debriefing/Discussions – GREENAWALD, EULL - non-CME						
7:00	Optional Evening Group Activities						
7:00-7:45	Yin Yoga – BLACKWELDER – non-CME						

2020 Physician Health & Well-being Conference							
FRIDAY, APRIL 17							
7:00	Group run/am yoga, etc. (optional activities) – Yoga for Providers – POLK/BORTHWICK – non-CME						
8:00 – 9:00	60	Breakfast (ROUNDTABLE DISCUSSIONS)					
9:00-9:45	45	Opening Plenary: Becoming a More Relaxed, Healthier Physician – WINNER					
9:45-10:15	30	Coaching Thread – Being a Leader to Help Create a ‘Well’ Team – GREENAWALD					
10:15-10:45	30	Break					
10:45-12:00	75	Workshop 1 – Meaning in Medicine: Putting the Meaning Back in Medicine – FAZIO I	Workshop 2 – Walk in My Shoes – Expanding Empathy – FU/REED I, C	Workshop 3 – Direct Primary Care – MECHLEY I	Workshop 4 – Creating a Healthy Workplace Culture so Employees Can Build and Sustain Well-being – SAFEER O, P	Workshop 5 – Lifestyle Medicine: Practical Tips for Incorporating It into Your Practice and Your Life – POLK P, I	Workshop 6 – Engaging C Level Executives, Connecting to the Business and Clinical Case for Well-being Initiatives – DECHANT O
12:00-1:15	75	Lunch					
1:15-2:30	75	Workshop 1 – Walk in My Shoes – Expanding Empathy – FU/REED I, C	Workshop 2 – Need More Time? – MARTIN I	Workshop 3 – Family Matters: Communication Skills for Healthy Families – Building Resilience – YU I	Workshop 4 – Practical Approach to Walking in Balance – BLACKWELDER I	Workshop 3 – The Power of Team-based Care: Improving Burnout; Improving Patient Care– JERZAK P	Workshop 6 – Gratitude Practice: How it Can Support Physicians to Cultivate Meaning in Medicine – CARAGOL I
2:30-3:00	30	Break					
3:00-4:15	75	Workshop 1 – Need More Time? – MARTIN I	Workshop 2 – Yoga in Minutes – POLK I	Workshop 3 – The Power of Team-based Care: Improving Burnout; Improving Patient Care– JERZAK P	Workshop 4 – Direct Primary Care – MECHLEY P	Workshop 5 – Build a Road Map to a More Ideal Practice – DRUMMOND P	Workshop 6 – Staying Active While at Work: Practical Solutions for Busy People – SAYESS I
4:15		Adjourn					
4:15-4:45	Optional Guided Debriefing/Discussions – GREENAWALD, EULL - non-CME						
7:00	Optional Evening Group Activities						
7:00-7:45	Yin Yoga – BLACKWELDER – non-CME						

2020 Physician Well-being Conference							
SATURDAY, APRIL 18							
7:00	Group am yoga, etc. (optional activities) – Yoga for Providers – POLK/BORTHWICK – non-CME						
8:00 – 9:00	60	Breakfast					
9:00-10:15	75	Workshop 1 – EMR Inbox Management and Well-being Discussion – WINNER	Workshop 2 – Staying Active While at Work: Practical Solutions for Busy People – SAYESS	Workshop 3 – Practical Approach to Walking in Balance – BLACKWELDER	Workshop 4 – Lifestyle Medicine: Practical Tips for Incorporating It into Your Practice and Your Life – POLK	Workshop 5 – Family Matters: Communication Skills for Healthy Families – Building Resilience – YU	Workshop 6 – Creating a Healthy Workplace Culture so Employees Can Build and Sustain Well-being – SAFEER
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10:15-10:45	30	Break					
10:45-11:45	60	Coaching Thread – Putting it all together, and planning next steps – GREENAWALD					
11:45-12:30	45	Closing Plenary: Find Your Voice, Speak Your Truth, and Make Change for Good – FU					
12:30	Conference Adjourns						

As of 1/13/20