

# 2019 FAMILY PHYSICIAN HEALTH AND WELL-BEING CONFERENCE SCHEDULE

Each session is categorized by well-being topics that align with the family physician ecosystem: Organization: O, Practice: P, Individual: I, Culture: C, System: S

		June 5					
AM	7:00	Optional Morning Group Activities: Yoga Class or Group Run*					
	8:00-9:00	BREAKFAST					
	9:00-9:30	Welcome and Opening Keynote - <i>Why Are We Here: The Burnout Impact on Physician Well-being</i> - KNIGHT					
	9:30-10:00	A Broken System - The AAFP Response - MUNGER					
	10:00-10:30	Coaching Thread - <i>Why Are YOU Here, and How Can WE Help?</i> - GREENAWALD					
	10:30-11:00	BREAK					
	11:00-12:00	Plenary - <i>Out of the Box: Living a Life with Meaning</i> - FU					
PM	12:00-1:15	LUNCH					
	1:15-2:30	Yoga for the Type-A Mind and Stressed-Out Body - BORTHWICK I	Debt Management for the New Physician - JAHN/SMITH I	Group Processes as a Tool for Reducing Burnout - Train the Trainer - EULL O, P	The Healer's Stories - FU I, C	Kayaking in Rough Waters - EPSTEIN O, I	Rekindling Your Sense of Mission Through Advocacy - GRIVOIS-SHAH S
	2:30-3:00	BREAK					
	3:00-4:15	Yoga in Minutes - POLK I	Debt Management for the Physician Mid-Career and Beyond - JAHN I	Family Matters: Communication for Healthy Families - Building Resilience Together - YU I	The Healer's Stories - FU I, C	Kayaking in Rough Waters - EPSTEIN O, I	Rekindling Your Sense of Mission Through Advocacy - GRIVOIS-SHAH S
	4:15	ADJOURN					
	4:15-5:00	Optional Guided Debriefing/Discussions*					
	5:30	Participant Reception					
7:00	Optional Evening Group Activities						

		June 6					
AM	7:00	Optional Morning Group Activities: Yoga Class or Group Run*					
	8:00-9:00	BREAKFAST (ROUNDTABLE DISCUSSIONS)					
	9:00-9:45	Opening Plenary - <i>Moving from Surviving to Thriving</i> - MARTIN					
	9:45-10:15	Coaching Thread - <i>Enhancing Your Personal Growth</i> - GREENAWALD					
	10:15-10:45	BREAK					
	10:45-12:00	Conversations that Connect - FU/REED P, I, C	The Power of Relationships - MARTIN I, C	Reflective Writing - NASS I	Becoming a More Relaxed, Healthier Physician - WINNER I	Responding to Suffering: Mindfulness and Mindful Communication - EPSTEIN I	Physician Leadership Power Tools - DRUMMOND O, P
PM	12:00-1:15	LUNCH					
	1:15-2:30	Conversations that Connect - FU/REED (spouses invited) P, I, C	Group Processes as a Tool for Reducing Burnout - Train the Trainer - EULL O, P	Reflective Writing - NASS I	EMR Pearls and Documenting with Sanity - WINNER P	Responding to Suffering: Mindfulness and Mindful Communication - EPSTEIN I	Physician Leadership Power Tools - DRUMMOND O, P
	2:30-3:00	BREAK					
	3:00-4:15	The Power of Relationships - MARTIN I, C	Yoga in Minutes - POLK I	Family Matters: Communication for Healthy Families - Building Resilience Together - YU I	Efficient EMR Inbox Management - WINNER P	Personal Identity Formation: The Alignment of True and Projected Self - STEPHENS I	Avoiding the Dilbert Trap: How to Successfully Lead Change in Your Clinical Practice by Utilizing Corporate Business Strategies of Change - GRIVOIS-SHAH O, P, C
	4:15	ADJOURN					
4:15-5:00	Optional Guided Debriefing/Discussions*						
7:00	Optional Evening Group Activities						

Please note: Schedule subject to change.

\*Non-CME

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Each session is categorized by well-being topics that align with the family physician ecosystem: Organization: O, Practice: P, Individual: I, Culture: C, System: S

June 7								
AM	7:00	Optional Morning Group Activities: Yoga Class or Group Run*						
	8:00-9:00	BREAKFAST (ROUNDTABLE DISCUSSIONS)						
	9:00-9:45	Opening Plenary – <i>Lead the Wellness Movement in Your Organization with Elegance and Grace</i> – 12 Power Tools for Wellness Champions - DRUMMOND						
	9:45-10:15	Coaching Thread – <i>Being a Leader to Help Create a 'Well' Team</i> - GREENAWALD						
	10:15-10:45	BREAK						
	10:45-12:00	Personal Identity Formation: The Alignment of True and Projected Self – STEPHENS I	Science of Gratitude – MARTIN I	Direct Primary Care: Exceeding the Quadruple Aim – MECHLEY I	Whacking the WAC! Decreasing Work After Clinic and Other Unmentionables – YU P	Team-Based Care – JERZAK O, P, C	Practical Approach to Walking in Balance – BLACKWELDER I	
	12:00-1:15	LUNCH						
PM		1:15-2:30	Recapturing the Joy in Medicine – SANCHEZ-WOHLEVER I	Science of Gratitude – MARTIN I	Lifestyle Medicine: Practical Tips for Incorporating it into Your Practice and Your Life P, I – POLK	Whacking the WAC! Decreasing Work After Clinic and Other Unmentionables – YU P	Employed Physician's Guide to Navigating a Bureaucracy – DRUMMOND O	Practical Approach to Walking in Balance – BLACKWELDER I
		2:30-3:00	BREAK					
		3:00-4:15	Recapturing the Joy in Medicine - SANCHEZ-WOHLEVER I	Positive Play at Work – SAYESS P, I, C	Yoga for the Type-A Mind and Stressed Out Body – BORTHWICK I	Direct Primary Care: Exceeding the Quadruple Aim – MECHLEY I	Employed Physician's Guide to Navigating a Bureaucracy – DRUMMOND O	Avoiding the Dilbert Trap: How to Successfully Lead Change in Your Clinical Practice by Utilizing Corporate Business Strategies of Change – GRIVOIS-SHAH O, P, C
		4:15	ADJOURN					
		4:15-5:00	Optional Guided Debriefing/Discussions*					
	7:00	Optional Evening Group Activities						

June 8							
AM	7:00	Optional Morning Group Activities: Yoga Class or Group Run*					
	8:00-9:00	BREAKFAST (ROUNDTABLE DISCUSSIONS)					
	9:00-10:15	Positive Play at Work - SAYESS P, I, C	Group Processes as a Tool for Reducing Burnout - Train the Trainer – EULL O, P	Lifestyle Medicine: Practical Tips for Incorporating It Into Your Practice and Your Life – POLK P, I	Family Matters: Communication for Healthy Families – Building Resilience Together – YU (spouses invited) I	Team-Based Care – JERZAK O, P, C	Yin Yoga – BLACKWELDER I
	10:15-10:45	BREAK					
	10:45-12:00	Coaching Thread – <i>Putting it All Together and Planning Next Steps</i> – GREENAWALD (plenary + workshop)					
PM	12:30	CONFERENCE ADJOURNS					

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