

Virtual Summit 2021 Agenda

Next Steps in Normalizing a Culture of Wellness: Holistic Approaches to Support Staff

Day 1 October 13	Track 1 (System Strategies for Optimizing Processes & Culture)	Track 2 (Individual Strategies for Maximizing Mental Health & Fulfillment)	Time (Central)
Welcome	Champions of Wellness		8:45am
Keynote 1	Scott Lesnick <i>2021 and Beyond: Successfully Navigating Change and Wellness in a Fast-Paced Workplace</i>		9:00am
Break			10:00am
Session 1	Dr. Stefanie Simmons <i>Measure, Scale, Impact: How to 'Do Wellness' in Large Groups</i>	Dr. Kara Pepper <i>Making Peace with Perfectionism</i>	10:10am
Lunch	Lunch Sponsor Session		11:10am
Keynote 2	Dr. Sally Spencer-Thomas <i>Upstream, Midstream & Downstream Workplace Well-Being: Strategies for Building a Comprehensive Approach</i>		12:10pm
Break			1:10pm
Session 2	Dr. Kristin Jacob & Courtney Hilbert <i>Hot-Spotting as an Effective Intervention in High-Risk Areas Based on Well-Being Index Assessment Data</i>	Dr. Rosalind Kaplan <i>Developing Resilience, Self-Compassion, and Community Through the Narrative</i>	1:20pm
Break			2:20pm
Session 3	Dr. DeAnna Santana <i>Mission Fit: Hiring Providers for Culture and Mission</i>	Dr. Tracy Asamoah <i>Coaching with Compassion: A Framework for Optimizing Parasympathetic Activation to Cultivate Sustainable Change</i>	2:30pm
Break			3:30pm
Session 4	Dr. H. Steven Sims <i>Physician Wellness Coupled with Diversity and Inclusion</i>	Dr. Jeff Moody <i>Burnout 2021: Where Do We Go From Here?</i>	3:40pm
Break			4:40pm
Session 5	David Parks <i>Professional Nag, Provocateur, Truth Teller - The Genesis of a Physician Well-Being Initiative</i>	Dr. Dian Ginsberg <i>Career Management to Support Physician Well-Being</i>	4:50pm
Closing	Champions of Wellness		6:00pm

Day 2 October 14	Track 1 (System Strategies for Optimizing Processes & Culture)	Track 2 (Individual Strategies for Maximizing Mental Health & Fulfillment)	Time (Central)
Welcome	Champions of Wellness		8:45am
Keynote 1	Katrina Jones <i>Leaning Into Allyship</i>		9:00am
Break			10:00am
Session 1	Patrick McNally <i>A Shock to the System: Well-Being Insights From 20,000 Physicians Surveyed in 2020-21</i>	Dr. Kemia Sarraf <i>The Power of Micro-Mitigation Moments in Everyday Interactions</i>	10:10am
Lunch	Lunch Sponsor Session		11:10am
Keynote 2	Dr. Bryant Adibe <i>How We Heal: Wellness and Personal Growth</i>		12:10pm
Break			1:10pm
Session 2	Dr. Tala Dajani & Dr. Denise Sackett <i>"Your Wellness Program is Interfering with My Well-Being" - Mitigating the Unintended Consequences</i>	Nadja El Fertasi <i>Building Emotional Firewalls for a Safer and Inclusive Online World</i>	1:20pm
Break			2:20pm
Session 3	Dr. Lynn Myers <i>Applying Change Management to Well-Being</i>	Juanita Golden <i>Perseverance & Encouragement in the Midst of Stress</i>	2:30pm
Break			3:30pm
Session 4	Dr. Michael Privitera <i>Integrating Patient Safety and Clinician Well-Being Using Human Factors Science</i>	Ashley Cauley & Eleanor Wells <i>GRIPP: Treatment and Prevention of Compassion Fatigue and Burnout</i>	3:40pm
Break			4:40pm
Session 5	Dr. Paul DeChant <i>Healing the Clinical Workplace to Promote Professional Fulfillment</i>	Dr. Sharon Grossman <i>3 Mindset Hacks High Achievers Need to Avoid Burnout</i>	4:50pm
Closing	Champions of Wellness		6:00pm