

2024-2025

WELLNESS AND DEVELOPMENT

Workshops



Monthly virtual evening sessions 6:00-7:00pm with registration.



Scan or click here to
Register Now

- AUG 8** Thriving in Residency: Essential Time Management and Mindset Strategies
- SEPT 12** Managing Your Exam Performance
- OCT 9** Paging Dr. Parent: Juggling Residency and Family Life
- NOV 12** After the Honeymoon: Preventing Burnout
- JAN 8** Thriving as a Resident Physician: The Power of Celebrating Your Wins
- FEB 5** Understanding and Managing Procrastination
- MAR 12** Don't Let the Impostor Fool You: Navigating the Resident Physician Journey