



WIMHS Retreat and Fall Welcome Agenda

- 12:30-12:45 p.m.: Arrival and Networking Lunch
- 12:45-1:50 p.m.: Opening Remarks and Keynote Address
- 1:50-2:00 p.m.: Transition to Breakout Sessions
- 2:00-2:45 p.m.: Breakout Sessions #1 (*Choose one session to attend*)

Option 1: PhDs in Clinical Departments: Finding Value, Fit, and Success

Exploring the challenges, opportunities, and strategies for PhDs to succeed within primarily clinical departments.

Option 2: Mastering the Career-Life FLEX of Academic Medicine

Enhancing career success by aligning personal passions with professional goals, leveraging diverse career paths, and building supportive connections and resources.

Option 3: Creativity as an Antidote to Burnout in Academic Faculty

Using creativity as a strategy to improve wellness and reengagement.

- 2:45-3:00 p.m.: Break – Refreshments and informal networking
- 3:00-3:45 p.m.: Breakout Sessions #2 (*Choose one session to attend*)

Option 1: Get your Lifestyle Back: Lifestyle & Longevity Medicine for Personal and Professional Fortitude

Enhancing clinician well-being and preventing burnout, with practical strategies for improving personal health.

Option 2: Equity in Academic Medicine: Education, Patient Care, Research & Beyond

Examining how bias and disparities impact healthcare providers, patient outcomes.

Option 3: Mean, Direct, or Just Effective? Navigating Gendered Feedback and Leading Anyway

Navigating bias and systemic challenges by reframing feedback, responding strategically, and advocating for yourself within clinical environments.

- 4:00-5:00 p.m.: Panel Discussion and Audience Q&A: Paths to Leadership in Academic Medicine
- 5:00-5:15 p.m.: Closing Remarks
- 5:30-7:30 p.m.: WIMHS Fall Welcome

