



St. Christopher's Hospital for Children presents

## 2018 Physician Wellness Bootcamp

March 9, 2018 ♦ 7:15am – 4:30pm



### Peter S. Moskowitz, MD

Founder and Director

Center for Professional and Personal Renewal, Palo Alto, CA

Clinical Professor of Pediatric Radiology, Emeritus

Lucile Packard Children's Hospital at Stanford

Stanford University School of Medicine

#### AGENDA – REGISTRATION INFORMATION IS ATTACHED

**8:00 to 9:00am - Grand Rounds Presentation (Audience: Everyone)**

##### **“Well-Being and the Quest for Balance: Survival Strategies for Physicians in the Trenches”**

- Define the factors causing physician career dissatisfaction
- Describe the signs, symptoms, and career impact of professional burnout
- Recommend practical strategies to sustain Life Balance and combat burnout

**9:30 to 11:45am - Wellness Workshop for Physicians (Audience: Junior Faculty)**

##### **“Balancing Life and Work: Yes You Can Have It All”**

- Define the factors causing physician career dissatisfaction
- Describe the signs, symptoms, and career impact of professional burnout
- Identify the Six Domains of Life Balance
- Recommend practical strategies to sustain Life Balance and combat burnout

**12:00pm to 1:00pm - Wellness Presentation for Trainees (Audience: Residents/Fellows/Students)**

##### **“Finding the Perfect Job: What They Don't Teach you in Residency or Fellowship”**

- Outline and describe your personal values regarding clinical work and how they define what you should look for in a job
- Describe the realities (positive and negative) about jobs in academic medicine vs. private settings
- Describe effective job search strategies
- Discuss how to contractually codify positive aspects of a job offer and negotiate less satisfactory aspects of the proposal

**1:00 to 2:00pm Lunch**

**2:00pm - 4:30pm - Wellness Workshop for Physicians (Physician Leaders & Senior Faculty)**

##### **“Balancing Life and Work: Yes You Can Have It All”**

- Define the factors causing physician career dissatisfaction
- Describe the signs, symptoms, and career impact of professional burnout
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- Recommend practical strategies to sustain Life Balance and combat burnout

**St. Christopher's Hospital for Children designates this live activity for a maximum of 4.5 AMA PRA Category 1 credit(s)<sup>TM</sup>.  
Physicians should claim only the credit commensurate with the extent of their participation in the activity.**