

Tuesday, October 27, 2020
Wellness Champions Retreat
08:00 am – 12:00 pm

Welcome to the 2020 Wellness Champions Retreat. The Resiliency Center's Wellness Champion Program is excited to offer a program filled with resources centered around managing stress, reducing burnout, and optimizing well-being. By the end of the retreat you will have a clear understanding of program options and expectations, developed connections with your Wellness Champion colleagues, tested out new resilience skills, and have access to a new online toolbox.

For **returning champions**, this retreat will have a mix of familiar and new content. We are replacing our bi-monthly meetings with two half-day virtual retreats this year. We **strongly encourage all past and new champions** to attend the retreat.

8:00 am

- + **Welcome from leaders.** *Wayne Imbrescia, Thomas Miller, MD.*
- + **Introduction to Program and Retreat.** *Amy Locke, MD.*
- + **Check-in.** *Megan Call, PhD.*

8:50 am

- + **Break.**

9:00 am

- + **Psychological First Aid.** *Megan Call, PhD, Trinh Mai, LCSW, Jean Whitlock, LCSW.*

10:00 am

- + **Break.**

10:10 am

- + **Recognizing Those at Risk.** *Rob Davies, PhD.*

11:00 am

- + **Breakout Session: Next steps, working as a team, tangible takeaways**

11:45 am

- + **Barriers and Moving Forward.** *Alan Davis, MD.*
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