

WELLNESS CHAMPIONS FOUNDATIONS COURSE

- 8:00 – 8:30 a.m. **Registration & Breakfast**
- 8:30 – 9:20 a.m. **Thriving in Healthcare** Dr. Amy Locke, MD
- 9:20 – 9:40 a.m. **Welcome** Dr. Michael Good, MD
- 9:40 – 10:15 a.m. **Personal Well-being and Remembering Myself While Caring for Others**
Trinh Mai, LCSW
- 10:15 – 10:30 a.m. **Break**
- 10:30 – 11:10 a.m. **Cultivating a Culture of Wellness and Assessing Professional Well-being**
Dr. Jake Van Epps, PhD
- 11:10 – 11:40 a.m. **Resilience Toolkit Introduction & Practice** Trinh Mai, LCSW
- 11:40 – 12:10 p.m. **Moving Forward: Recognize, Recover, Rebuild** Dr. Megan Call, PhD
- 12:10 – 1:00 p.m. **Lunch**
- 1:00 – 2:00 p.m. **Learning from Experience: Four U Health Projects**
Dr. Amy Locke, MD, moderator
- Moran Eye Center- Michael Danielson, Jake Van Epps, PhD
 - Physician Assistant Faculty- Jo Rolls, MPAS, PA-C, MEHP
 - Madsen Family Medicine- Frances Johnson, APRN, MSN, FNP-C
 - GME Project- Sydney Ryan, MD
- 2:00 – 2:10 p.m. **Break**
- 2:10 – 3:10 p.m. **Affinity Groups**
- First time considering professional well-being- Trinh Mai, LCSW
 - Well-being directors/department leaders- Amy Locke, MD
 - Hospitals and clinics groups- Jake Van Epps, PhD
 - Wellness professionals- Megan Call, PhD
 - Academics- Britta Trepp, M.S.,EP-C
 - Open group- Alexis Lee, MBA
- 3:10 – 3:40 p.m. **Implementation: How to move forward as an agent of change**
Dr. Megan Call, PhD