

# FROM BURNOUT TO **BRILLIANCE**

## PHYSICIAN WELLNESS SYMPOSIUM

APRIL 6 – 9, 2018  
MIRAVAL RESORT & SPA  
5000 E via ESTANCIA MIRAVAL  
TUCSON, AZ 85739  
[www.miravalresorts.com](http://www.miravalresorts.com)

### Friday, April 6, 2018

- 10-1:00 Check In/ Registration
- 12 **Alicia Kowalski, MD** -- Opening Remarks/ Identification of Burnout  
**Kate Hagan, MD** -- Burnout Assessment Tool
- 13 **Caroline Webb** -- How to Have a Good Day
- 14 **Mary Brandt, MD** – Taking care of the physician in order to care for others
- 15 **Katy French, MD** – Professionalism and Image of the Physician
- 16 Breakout Sessions (meditation, yoga, mindfulness---Miraval leaders)
- 18 Reception/ Networking
- 19 Dinner

### Saturday, April 7, 2018

- 7:30 Breakfast
- 8 **Hilary Blair**- articulate KEYNOTE
- 9 **Sasha Shillcut, MD** – KEYNOTE -- Resilience: The Art of Falling Forward
- 10 **George Eapen, MD**, -- communication for effective leadership up and down.
- 11 **Steve Stayer, MD** - The Business of Investing in Physician Well-being
- 12 Lunch
- 13 **Elizabeth Rebello, MD** -- Moderated Poster session
- 14 **Dianne Ansari-Winn, MD** - From Misery to Mastery: Simple Strategies for Thriving in Your Medical Practice
- 15 Breakout sessions (meditation, yoga, mindfulness---Miraval leaders)
- 18 Reception/ Networking
- 19 Dinner

### Sunday, April 8, 2018

- 7:30 Breakfast
- 8 **Panel: Eapen, MD, Hagan, MD & Teshome, MD** -- Putting Career Challenges into Context  
ThroughWriting
- 9 **Imelda Tjia, MD** -- Mastering Conflict Management
- 10 **Megan Gunnell** - Surviving to Thriving: Understanding the 5 Pillars of Self-Care, with mini mandala art  
experiential and interpretation
- 11 **Anthony Cooley, MD** - Wellness and Life Balance: Tools from a Doctor's Journey
- 12 Lunch
- 13 Breakout sessions (meditation, yoga, mindfulness---Miraval leaders)
- 17 adjournment