

**Wednesday May 15<sup>th</sup>, 2019 Arrivals**

*Arrivals at Leisure – Tour of Facilities & Personal Scheduling Consultation*

1:00pm-3:00pm Arrival Lunch – Dining Patio  
 3:00pm-6:00pm Fitness Activities (*Spa Treatments Available à la carte*)  
 6:30pm-7:00pm Hors d’oeuvres – Garden Room  
 7:00pm-8:00pm *Dinner – Dining Room*

**Thursday May 16<sup>th</sup>, 2019**

**Self-Promotion / Professional Development**

6:30am-8:00am Morning Hike or Walk – Meet in Garden Room  
 7:30am-9:00am *Breakfast – Dining Room*  
 9:00am-12:00pm Fitness Activities  
*Arrivals at Leisure – Tour of Facilities & Personal Scheduling Consultation*  
 11:00pm-2:00pm *Lunch – Dining Patio*

**Lakeview Room**

1:00pm Alicia Kowalski, MD – *Creating a Wellness Program*  
 2:00pm Imelda Tjia, MD – *Altruism: Protecting Professional Interactions*

**Great Room**

3:00pm Ruth Reitemeier – *Imposter Syndrome*  
 3:45pm *Smoothie Break – Garden Room*

4:00pm-6:00pm *Fitness Activities (Spa Treatments Available à la carte)*

**Garden Room**

6:30pm-7:30pm Hors d’oeuvres & Cocktails\*\*\*\*  
 7:00pm-8:00pm *Dinner*  
 8:00pm-9:00pm Networking Reception

\*\*\*\* Open bar will be available from 6:30 – 7:30; beyond 7:30 it will be cash or credit card bar. Room charges are not permitted.

**Friday May 17<sup>th</sup>, 2019**

**Evidence-Based / Validated Measurement / Crisis Management**

6:00am-7:00am Morning Hike or Walk – Meet in Garden Room  
 7:00am-8:00am *Breakfast – Dining Room*

**Lakeview Room**

8:00am Colin West, MD – *Charter for Physician Wellbeing*  
 9:00am Eric Williams, MD – *The Impact of Burnout on Quality*  
 9:45am *Snack Break Delivered – Lakeview Room*  
 10:00am Mickey Trockel, MD – *Planning, Implementing, and Evaluating Strategies to Create a Culture of Wellness*

**Great Room**

11:00am Lucy Kalanithi, MD – *Moral, Ethical, and Personal Challenges Physicians Face When Caring for Others*  
 12:00pm-1:00pm *Lunch – Dining Patio*  
 1:00pm Mary Brandt, MD & Cady Coleman, Astronaut – *Inner & Outer Space: Finding Awe in Your Work*  
 2:00 Moderated Poster Session

3:00pm-6:00pm *Fitness Activities (Spa Treatments Available à la carte)*

3:45pm *Smoothie Break – Garden Room*

5:45pm Shuttles to Parish House  
 6:00pm-6:30pm Cal-a-Vie Wine Tasting – Parish House  
 6:30pm-7:00pm Hors d’oeuvres & Cocktails\*\*\*\* – L’Orangerie Foyer/Gardens

7:00pm-8:15pm *Dinner – L’Orangerie Lawn*

8:15pm Shuttles to Observatory/ Astronomer leads Stargazing

\*\*\*\* Open bar will be available from 6:30 – 7:30; beyond 7:30 it will be cash or credit card bar. Room charges are not permitted.

**Saturday May 18<sup>th</sup>, 2019: Relationships & Reflections**

6:00am-7:00am Morning Hike or Walk – Meet in Garden Room  
7:00am-8:00am Breakfast – Dining Room

Lakeview Room

8:00am Ken Sapire, MD – *COMPASS Technique for Addressing Professional Wellness*

9:00am Brent Kaziny, MD – *Moral Commitment in the Face of Crisis/The ER's Response During Katrina*  
9:45am *Snack Break Delivered – Lakeview Room*

10:00am Jennifer Mc Quade, MD – *Moral Commitment in the Face of Crisis/Establishing a National Response*

11:00am Aparna Iyer, MD - *Facilitated Discussion Groups: Protecting Wellbeing in the Community Physician*  
11:45am *Shuttles to Owner's Chateau – Meet Outside of Pavilion*

12:00pm-12:45pm *Lunch – Chateau Poolside*  
12:45pm Shuttles to Lakeview Conference Room

Great Room

1:00pm Julie Izzo, MD – *Navigating Land Mines/Strategy for Academic Success*

2:00 pm Hilary Blair - *Connecting Effectively: Where to Spend and Where to Save when Communication is Exhausting*  
2:00pm-5:00pm *Fitness Activities (Spa Treatments Available à la carte)*  
3:45pm *Smoothie Break – Garden Room*

L'Orangerie

5:45pm Myles Lee, MD – *Creativity Beyond Cardiac Surgery: The Expanded Education of a False God*

6:30pm-7:30pm Los Angeles Physician Symphony Members perform / Reception & Hors d'oeuvres & Cocktails\*\*\*  
7:30pm-9:00pm *Candlelight Dinner - Chapel*

\*\*\*\* Open bar will be available from 6:30 – 7:30; beyond 7:30 it will be cash or credit card bar. Room charges are not permitted

**Sunday May 19<sup>th</sup>, 2019**

**Workshops**

6:00am-7:00am Morning Hike or Walk – Meet in Garden Room  
7:00am-8:00am Breakfast – Dining Room

Lakeview Room

8:00am Option A Ken Sapire, MD *Meaning in medicine*  
Option B Aparna Iyer, MD *Facilitated Discussion Group Experience*

9:00am Ken Sapire, MD *Service as a way of life*

10:00am Adjournment  
10:30am Guest Departure