



Rediscovering Meaning In Our Work conference

September 28 and 29, 2018
JUMP Conference Center, Boise, Idaho

finding-health.com/2018conference

Friday, September 28, 2018

8:00am	8:45am:	Registration/ Beverages and Fruit
8:45am -	9:15am:	Rediscovering Meaning In Our Work: new possibilities Deb Roman, D.O.
9:15am -	10:00am:	The Physician-Patient Relationship (workshop) Panel
10:00am -	11:00am:	Physician Health and Well-Being: what are the issues? Colin West, M.D., Ph.D.
11:00am -	11:15am:	Music, Art and Conversation
11:15am -	12:30pm:	Identifying Actionable Solutions to Promote Physician Well-Being (workshop) Colin West, M.D., Ph.D.
12:30pm -	1:45pm:	Open Lunch
12:45pm -	1:15pm:	Tai Chi or Yoga class (optional)
12:30pm -	1:45pm:	Chair Massage (complimentary)
1:45pm -	2:45pm:	Cultivating Well-Being: insights from neuroscience Deb Roman, D.O.
2:45pm -	4:15pm:	Mindful Medical Practice: enhancing awareness and engagement (workshop) Mick Krasner, M.D.
4:15pm -	4:30pm:	Music, Art and Conversation
4:30pm -	5:00pm:	Inspiration: local initiatives Panel
5:00pm -	5:30pm:	Sponsor Recognition and Raffle
5:30pm -	8:30pm:	Relationship-Centered Medicine: strengthening collaboration - a mindful salon (workshop) Mick Krasner, M.D., Patricia Lück, MBChB, MPhil, MSc. Panel

(our evening event includes a casual dinner on the rooftop terrace overlooking Boise and the foothills, Joe Young on sax and world flute and a performance by the Idaho Dance Theater)



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Saturday, September 29, 2018

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| 8:00am - | 8:30am: | Registration/Beverages and Fruit |
| 8:30am - | 9:00am: | Meaningful Work
Panel |
| 9:00am - | 10:30am: | The Science of Resilience through Compassion
Emiliana Simon-Thomas, Ph.D. (workshop) |
| 10:30am - | 10:45am: | Music, Art and Conversation |
| 10:45am - | 12:15pm: | Gratitude: a simple path to trust and meaning at work
Emiliana Simon-Thomas, Ph.D. (workshop) |
| 12:15pm - | 1:30pm: | Open Lunch (Boise Farmer's Market open) |
| 12:30pm - | 1:00pm: | Yoga or Tai Chi class (optional) |
| 12:15pm - | 1:30pm: | Chair Massage (complimentary) |
| 1:30pm - | 2:30pm: | Transforming Medical Practice: identifying resources and opportunities (workshop)
Mick Krasner, Ph.D. |
| 2:30pm - | 3:30pm: | Bringing It Home: developing a local action plan
Colin West, M.D. |
| 3:30pm - | 3:45pm: | Music, Art and Conversation |
| 3:45pm - | 4:15pm: | Enlightened Leadership: advocating for system and cultural change
Colin West, M.D. |
| 4:15pm - | 4:30pm: | Inspiration: new initiatives
Panel |
| 4:30pm - | 5:00pm: | Evolution of the Art of Medicine: moving forward together
Panel |