



## Rediscovering Meaning In Our Work

finding-health.com/2018conference

Friday, September 28, 2018

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

- |           |          |   |
|-----------|----------|---|
| 8:00am -  | 8:30am:  | Check-in/Beverages and Fruit  |
| 8:30am -  | 9:00am:  | <b>Meaningful Work</b><br>Panel   |
| 9:00am -  | 10:30am: | <b>The Science of Resilience through Compassion</b><br>Emiliana Simon-Thomas, Ph.D. (workshop)                  |
| 10:30am - | 10:45am: | <b>Music, Art and Conversation</b>  |
| 10:45am - | 12:15pm: | <b>Gratitude: a simple path to trust and meaning at work</b><br>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:  | <b>Transforming Medical Practice: identifying resources and opportunities</b> (workshop)<br>Mick Krasner, Ph.D. |
| 2:30pm -  | 3:30pm:  | <b>Bringing It Home: developing a local action plan</b><br>Colin West, M.D.                                     |
| 3:30pm -  | 3:45pm:  | <b>Music, Art and Conversation</b>  |
| 3:45pm -  | 4:15pm:  | <b>Enlightened Leadership: advocating for system and cultural change</b><br>Colin West, M.D.                    |
| 4:15pm -  | 4:30pm:  | <b>Inspiration: new initiatives</b><br>Panel  |
| 4:30pm -  | 5:00pm:  | <b>Evolution of the Art of Medicine: moving forward together</b><br>Panel                                       |