AGENDA

Emergency Medicine Education Conference
October 25, 2017
Metro Health • 5900 Bryon Center Ave SW, Wyoming, MI

Wellness Retreat
Course Coordinator: Jackie McParlane, D.O., FACOEP
Moderators: Nik Butki, D.O. & Jackie McParlane, D.O.

8:00-8:30  Registration & Breakfast
8:30-11:30 Resident Wellness Retreat

SECTION I:  Wellbeing & Burnout
  1. Why does Wellness Matter
  2. Overview of Wellbeing
  3. Overview of Burnout
  4. Activities

SECTION II:  Paths to Wellness
  1. Wellness in YOUR life: What does it look like
  2. Where are the gaps in your wellbeing
  3. Carving out personal time
  4. Creating a better work environment
  5. Activities

SECTION III:  Connections & Support
  1. Brain Science: Why do connections matter
  2. Creating personal & program support
  3. Forming your Tribe
  4. Mental Health: Depression, Suicide & Substance Abuse
  5. Activities

TAKE HOME TOOLS:
Wellness Wheel  ~ Your personal wellness plan  ~ Bucket List  ~ Calendar Hack  ~ Accountability Partner Tribes  ~ Program Support  ~ Program Pilot Project  ~ Resources