

SCPMG Women in Medicine Symposium 2019: Empower. Uplift. Thrive.
Friday, June 28

8:30 - 9:30 AM	Pre-Conference Opportunities (No CME):			
	<ul style="list-style-type: none"> • <i>Don't Sweat the Small Stuff: Setting Priorities in Order to Thrive</i> by Dr. Nancy Wayne • <i>Q&A Forum with SCPMG Board Members</i> 			
9:00 - 10:00 AM	Registration & Breakfast			
10:00 - 10:30 AM	Opening Remarks			
10:30 - 11:30 AM	Accelerating Equity, Diversity and Inclusion in the Physician Workforce Keynote Address by Dr. Julie Silver			
11:30 - 11:45 AM	Stretch Break			
11:45 - 12:30 PM	Mentorship & Sponsorship Moderated by Dr. Julie Silver Panelists: Dr. Howard Fullman, Dr. Sharon Levine, Dr. Todd Sachs, Dr. Ramona Snipes			
12:30 - 1:45 PM	Lunch			
Breakout Choices:	Track A: Our Leadership Led by <u>Dr. Julie Silver</u>	Track B: Our Presence Led by <u>Dr. Nancy Wayne</u>	Track C: Our Self Care Led by <u>Dr. Suzanne Gilberg-Lenz</u>	Track D: Each Other Featuring Permanente Community
2:05 - 2:50 PM	#BeEthical Workshop <i>The Be Ethical Campaign is a call to action for healthcare leaders to recognize that workforce gender equity is an ethical imperative and to take action to bring about change. In this session, learn and discuss strategies to make workforce gender equity an ethical imperative.</i>	Work-Life Balance <i>This session will focus on:</i> <ul style="list-style-type: none"> • Understanding the negative impact of work-life conflicts on organizational performance and career • Learning how to prioritize to achieve better balance • Formulating tactics for resolving work-life conflicts to your advantage 	Science of Self Care <i>This session will focus on:</i> <ul style="list-style-type: none"> • Why self care is a necessity for our overall health • The science that supports the notion and practice of self care • Practical tips and "how to" incorporate daily, health promoting self care routines in a real-world way 	Workplace Ally <i>Facilitated by Dr. Chang Na</i> <i>Learn tools to address gender bias head-on through small group discussions led by Permanente physician leaders. These scenarios were designed by experts to help men and women play a meaningful role in identifying and combating the multiple biases women can face.</i>
3:05 - 3:50 PM	#BeEthical Workshop <i>(repeat session)</i>	Effective Communication <i>This session will focus on:</i> <ul style="list-style-type: none"> • Understanding gender differences in communication styles that can impact behaviors in the workplace • Developing constructive engagement approaches to address communication differences 	Science of Self Care <i>(repeat session)</i>	Workplace Ally <i>Facilitated by Dr. Marisa Fernandez</i>
4:00 - 4:15 PM	Closing Remarks & Raffle Opportunity			
4:30 - 5:30 PM	Post-Conference Opportunities (No CME):			
	<ul style="list-style-type: none"> • <i>Friends and Family Thrive Time: Nia Dancing</i> with Dr. Nana Pianim • <i>Q&A Forum with Dr. Ramin Davidoff, Dr. Greg Kelman and Dr. Michael Morris</i> 			

*Agenda is subject to change

**SCPMG Women in Medicine Symposium 2019: Empower. Uplift. Thrive.
Saturday, June 29**

Starting at 7:30 AM	Pre-conference Opportunities (No CME): <ul style="list-style-type: none"> • 7:30 - 8:30 AM: <i>Yoga</i> with Dr. Negean Afifi • 8:15 - 9:15 AM: <i>Skills to Help Advance Your Career</i> by Marci Maniker • 8:15 - 9:15 AM: <i>Q&A Forum with RAMDs/AAMDs</i> 		
8:30 - 9:30 AM	Registration & Breakfast		
9:30 - 9:45 AM	Opening Remarks		
9:45 - 10:45 AM	<i>True Leadership Begins with Inclusion – Six traits of embedding inclusion into everyday behaviors</i> Keynote Address by Dr. Terri Cooper		
10:45 - 11:00 AM	Wellness Break Bollywood Dancing with Dr. Charu Soni		
11:00 - 12:00 PM	<i>Journey through Medicine Story Slam: A Look Back and a Move Forward</i> Dr. Lindia Willies-Jacobo, Dr. Margaret Kurohara, Dr. Ronald Navarro, Dr. Polina Reyblat, Sophia Elswick		
12:00 - 12:30 PM	<i>Cultivating Resilience to Find a New Path Forward</i> Dr. Barbara Carnes		
12:30 - 1:45 PM	Lunch		
Breakout Choices:	Track A: Our Presence Led by <u>Danny Jacobsen</u>	Track B: Now What? Led by <u>Marci Maniker</u>	Track C: Each Other Featuring Permanente Community
2:00 - 2:45 PM	Leading with Grace and Strength: Tips on Acquiring the Skills to Speak and Present with Confidence <i>In this workshop with executive communications coach, Danny Jacobsen, you will learn how to harness your unique individual strengths to effectively communicate and lead.</i>	Now What?! <i>Are you looking for the next career or personal goal but feel stuck? Approaching retirement or an “empty nest” and wondering what to do next? Feeling like you need a change, but don't know to what? This workshop will help you move forward with the “second half” of your life. We can help you reignite what brings you joy in life, and joy in medicine.</i>	Conversations & Connections <i>Facilitated by Dr. Caroline Spagnola</i> <i>Tap into the wealth of communal knowledge & experience that your SCPMG colleagues can share with you. Make connections with people who can support you through your professional and personal challenges. We'll be hosting small group discussions in this session.</i>
3:00 - 3:45 PM	Leading with Grace and Strength: Tips on Acquiring the Skills to Speak and Present with Confidence <i>(repeat session)</i>	Failing Forward: Managing Transitions More Successfully <i>So things didn't go as planned or expected, and you are feeling disappointed. What are some strategies on how to “grow from” from situations that don't go as planned? In an average career or life span, we experience anywhere between 10-20 significant career or life transitions. Looking at your environment, culture, relationships and self, this workshop will help you navigate those transitions more successfully.</i>	Conversations & Connections <i>(repeat session)</i>
3:55 - 4:15 PM	Dr. Ellison's Closing Remarks		

*Agenda is subject to change