



WIMHS 25th Anniversary Retreat

Agenda

12:30 PM – 12:50 PM: Arrival and Networking Lunch

12:50 PM - 1:50 PM: Opening Remarks and Keynote Workshop

- Keynote Speaker: Resa Lewiss, M.D.; Author of *MicroSkills: Small Actions, Big Impact*

2:00 PM - 2:45 PM: Breakout Sessions #1

Participants choose one session to attend:

1. **Moral Injury and Burnout: Strategies to Heal and Thrive**
Facilitators: Sara Aghamohammadi, M.D. and Katren Tyler, M.D.
2. **Self-Advocacy Skills for Navigating Academic Spaces**
Facilitators: Theanne Griffith, Ph.D. and Janice Enriquez, Ph.D.
3. **Beyond Good Intentions: Practicing Meaningful Allyship**
Facilitators: Satyan Lakshminrusimha, M.D., M.B.B.S. and Brooks Kuhn, M.D., M.A.S.

2:45 PM – 3:00 PM: Break

- Refreshments and informal networking

3:00 PM - 3:45 PM: Career Development Breakout Sessions #2

Participants choose one session to attend:

1. **Finding Your Footing as Early Career Faculty (Assistant Professors)**
Facilitator: Clara Paik, M.D. and Lorena Garcia, M.P.H., Dr.P.H.
Focus: Developing your academic passion, finding mentors and sponsors, positioning yourself for successful advancement; resources available at UCD
2. **Reinvigorating at Mid-Career Faculty (Associate Professors)**
Facilitator: Cassandra Lee, M.D. and Crystal Ripplinger, Ph.D.
Focus: Developing mentoring skills, getting involved outside your department
3. **Ups and Downs of Leadership as Senior Faculty (Full Professors)**
Facilitator: Ruth Shim, M.D., M.P.H. and Diana Farmer, M.D.
Focus: Advancing toward career goals, navigating leadership challenges

4:00 PM – 5:00 PM: Panel Discussion

- Topic: Paths to Leadership in Academic Medicine
- Panelists: Debbie Aizenberg, M.D., M.B.A., Susan Guralnick, M.D., Melissa Bauman, Ph.D., Piri Ackerman-Barger, Ph.D., R.N., FADLN, ANE
- Moderated by: Pamela Wu
- Audience Q&A

5:00 PM – 5:15 PM: Closing Remarks