

Sept. – Dec.
2023**Instructors**

Sara Aghamohammadi, M.D.
Chief Wellness Officer,
UC Davis Health

Sandy Batchelor, MPC
WorkLife Manager, UC Davis
and UC Davis Health

Dates and Times

Tuesday, September 19
11:30 a.m. – 1 p.m.

Tuesday, October 17
11:30 a.m. – 1 p.m.

Tuesday, November 14
11:30 a.m. – 1 p.m.

Tuesday, December 5
11:30 a.m. – 1 p.m.

Location

Virtual / Hybrid

Click here to register:
<https://bit.ly/WorkLife2023>

The Great Balancing Act: Work-Life Wellness for Physicians

This four-part, interactive workshop targets physician trainees and faculty looking for a place to begin their work-life balance journey. The instructors will:

- Highlight the current state of physician career satisfaction
- Describe risks factors contributing to physician burnout
- Apply strategies that promote work-life integration as a lifelong practice for sustained career satisfaction

September 19 and October 17: The impact of work-life satisfaction on a career in medicine, including career sustainability and physician burnout

In the first two sessions, participants will complete exercises surrounding aligning values and establishing boundaries.

November 14: Explore universal strategies for work-life integration

Addressing the importance of empowerment and personal tools, normalizing the stress response, psychological factors in workplace well-being, and tips for maintaining boundaries.

December 5: Panel Discussion (lunch provided)

Colleagues and senior leadership share their personal work-life journeys to provide support and perspective on empowering you to devise a path to better work-life harmony.

For questions, please contact Alissa Edison at:
hs-ucdhsfacultydevelopment@ucdavis.edu

Please Note: The first three sessions will be hosted via Zoom. Session 4 will be hosted in-person and Zoom will be available for participants unable to attend in-person.