

2024-2025

WELLNESS AND DEVELOPMENT

Workshops



Monthly virtual evening sessions 6:00-7:00pm with registration.



Scan or click here to
Register Now

- AUG 8** Thriving During Training: Mindset and Time Management Strategies
- SEPT 12** Managing Your Step 3 Performance
- OCT 9** Paging Dr. Parent: Juggling Residency/Fellowship and Family Life
- NOV 19** After the Honeymoon: Preventing Burnout
- JAN 8** Thriving as a Resident/Fellow Physician: The Power of Celebrating Your Wins
- FEB 5** Understanding and Managing Procrastination
- MAR 12** Intro to Living well with ADHD