

2024 Faculty Wellness Retreat

Friday, June 7th 2024

8:00 AM to 8:50 AM | Registration/Breakfast

8:00 AM to 8:50 AM | Reset and Refocus: Finding Your Equilibrium Through Yoga

RCC Retreat Workshop

9:00 AM to 4:45 PM | Foundational Relationship-Centered Communication (RCC) to Enhance Team Efficiency, Trust, and Efficacy

Opening Plenary Sessions

9:00 AM to 9:30 AM | Importance of Trust in Creating Joy in Academic Medicine

9:30 AM to 10:15 AM | Importance of Trust, Psychological Safety, and Efficiency Optimization in High Reliability Organizations Expert Panel Facilitated Discussion

Morning Breakout Sessions

10:15 AM to 12:00 PM | Epic Wins: Tips and Tricks in Epic with the Medical Informatics Team

10:15 AM to 12:00 PM | Professional Efficiency: Discovering Flow and Deep Work

Networking Lunches

12:00 PM to 12:50 PM | Lunch

Keynote

1:00 PM to 2:00 PM | Transforming Relationships for High Performance: The Relational Model of Organizational Change

Afternoon Breakout Sessions

2:15 PM to 3:45 PM | Epic Wins: Tips and Tricks in Epic with the Medical Informatics Team

2:15 PM to 3:45 PM | Team Efficiency: Prioritization, Delegation, and Setting Boundaries

