

Presents the
2nd Annual Physician Wellness Speaker Series 2023-2024



THURSDAY, OCTOBER 19, 2023

HYBRID | 7:45 - 8:45 AM ET

POSTPONED - Date in Spring TBC

**'Cultivating Compassion and
System Thinking to Transform
Medicine'**

Speaker: Dr. Agnes Wong

Professor of Ophthalmology, Neurology, & Psychology at the University of Toronto, active staff Ophthalmologist and Senior Scientist at The Hospital for Sick Children, and an ordained chaplain

POSTPONED - Date in Spring TBC

Session Learning Objectives:

At the end of the series, learners will be able to:

- Discuss the scientific evidence affirming that compassion is both innate and a trainable skill.
- Develop system thinking skills so they can look deeply into the systemic and structural factors contributing to physician distress.
- Use trainable skills to build inner resources and improve the healthcare system so we can flourish in medicine.



THURSDAY, NOVEMBER 16, 2023

HYBRID | 5:00 - 6:00 PM ET

**132A Britton Smith Lecture
Theatre (15 Arch Street) + Online**

**'15 Critical Fitness Minutes
for Those Working in
Healthcare'**

Speaker: Tracie Smith-Beyak

Master trainer, global presenter, author, and assessor specializing in biomechanics, athletics, and pre/post-natal fitness

Session Learning Objectives:

At the end of the series, learners will be able to:

- Dedicate 15 minutes of their day to exercise – every day!
- Describe the critical training targets that reap big benefits when time is limited.
- Integrate movement into their very full days of work.

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THURSDAY, FEBRUARY 15, 2024
WEBINAR | 5:00 - 6:00PM ET

**'We Are Not All Perfectly Fine:
How Telling Our Stories Will
Transform Us'**

Speaker: Dr. Jillian Horton

Physician, Author, Associate Chair of the Department of Internal Medicine
and Director at the Alan Klass Medical Humanities Program at the Max Rady
College of Medicine in Winnipeg, Manitoba



Session Learning Objectives:

At the end of the series, learners will be able to:

- **Create** an opportunity for personal reflection
- **Discover** *why* stories are an effective mechanism for engagement
- **Explore** common *social and psychological* barriers that often prevent physicians from sharing the personal narratives that can affect culture change

THURSDAY, APRIL 11, 2024
WEBINAR | 5:00 - 6:00PM ET

**'A Primer on Sleep for
Healthcare Professionals: A
Lifestyle Medicine Approach'**

Speaker: Dr. Param Dedhia

Board certified in Internal Medicine, Sleep Medicine, and Obesity Medicine.
Dr Dedhia's medical practice and lecturing explores the connection to
nutrition, exercise, mindfulness and sleep towards optimal health while
bridging eastern and western philosophies.



Session Learning Objectives:

At the end of the series, learners will be able to:

- State the components of healthy sleep
- List the physiological & psychological role of sleep
- Explain the bidirectional connection between sleep & health
- List the most common sleep disorders & treatment
- Describe the keys to optimal sleep

For information on the planning committee please visit:
<https://www.seamo.ca/programs-resources/physician-wellness/physician-wellness-advisory-committee>