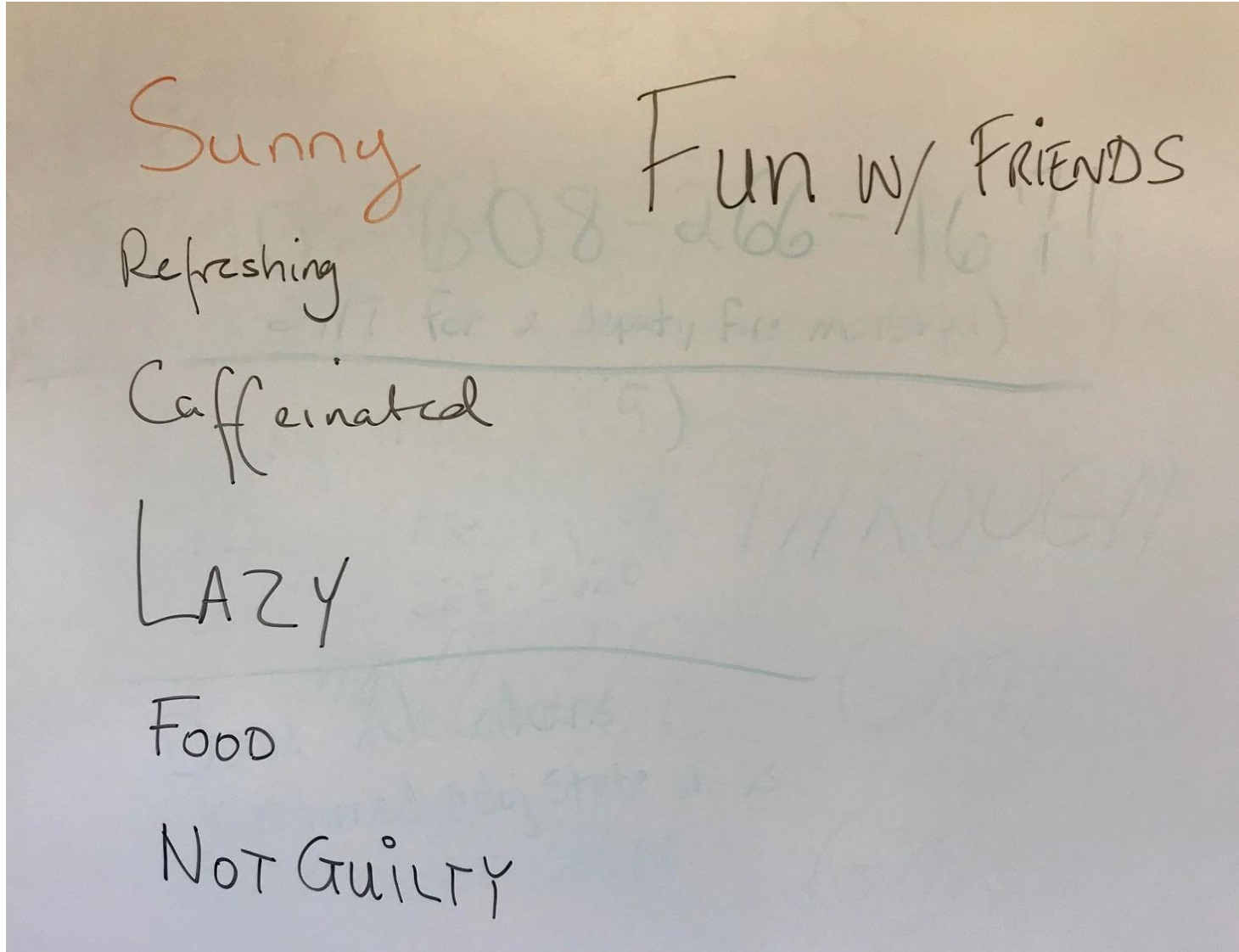


Marshfield Clinic Health System 2018 Annual Residents/Fellows Retreat



Intentions Residents Chose for How to BE During the Retreat



Retreat Agenda

Marshfield Clinic- Division of Education
Resident Well-Being Retreat Agenda and Objectives
Thursday, September 27, 2018
Mead Wildlife Area

8:30 - 9:00 Continental Breakfast

9:00 - 9:10 Retreat Overview: Dr. Schulein, RWBC

-Role and Value of Retreats: Evidence Base/Systems Base

-Setting Intentions

-Housekeeping Details & Professionalism during the retreat

-Objectives:

1. Learn a strategy to support your enthusiasm and professionalism as you start each day;
2. Identify 2 benefits to your well-being and career from participating in a retreat

9:10 - 9:25 Retreat Introduction: Dr. Jansen, Director, Division of Education

-Objectives: Learn 2 reasons for institutional support for your retreat and concern for resident well-being.

Retreat Agenda

9:25 - 9:30 Introduction to the Mead Wildlife Reserve

Pam Resech, Mead Wildlife Conservation Educator

-Objectives:

1. Learn about the Mead as a setting to enjoy during residency;
2. Identify the value of 'Vitamin N' in well-being and resiliency

9:30-10:45 Fatigue/Stress Management Tools: Yoga & Breathing Dr. Sojka

-Objectives:

1. Describe the role of yoga and breathing in a self-care plan to manage fatigue and stress;
2. Practice basic yoga and breathing techniques during the retreat;
3. Identify 2 situations in which residents could use these tools to manage fatigue and stress.

10:45 - 12:00 Self-Care Topic Stations: Burnout; Fatigue; Handling Failure; Every day Successes; How To start your physical self-care

-Objectives:

1. In small group conversations reset the culture of medicine for it to be appropriate to discuss self-care topics and support each other
2. Identify best practices and disseminate via the RWBC website

Retreat Agenda

12:00 – 1:45 Lunch, and Goldberg Skits

Objectives:

1. Residents learn about each other's interests & activities that support self-care and resilience
2. Residents learn from each other optimal ways to collaborate in learning and patient care
3. Residents engage with residents from other programs during the wellness activities

1:45 - 3:15 Wellness Activities

-Objectives:

1. Participate in a variety of activities that support engaging with peers
2. Explore activities to incorporate in self-care practices;
3. Experience the rejuvenating effects of participating in a retreat.
4. Throughout this time, residents introduce themselves to each other and sign each other's bandanas

3:15 - 4:15 Reflections on Residency: Chiefs Presentations

-Objectives: Learn from the chiefs' reflections at least 2 ideas they can apply to support their success and well-being.

4:15 - 4:45 Closing

Bandana Pick Up To Start the Day. Signing each other's bandanas and for groups for skits and self-care stations.



Introduction to the Mead by the Wildlife Educator (For a large dose of Vitamin N today)



Yoga at the Mead: At your desk and when you have space



Ring in the Next Activity



Self-Care Stations



Lunch and Afternoon Sundae Bar

Fajita Bar Lunch

Pulled Chicken with Sautéed Red & Green Peppers,
Refried Beans
Tossed Salad, choice of Dressings
Mediterranean Bean Salad (pinto, black, garbanzo
beans with tomato, cucumber, feta cheese and olive oil)
Coffee, Hot Tea, Soda, Water



Skits: The Audience



Skits

The Primary Team



A "Conversion Disorder"



Resident Flight 106



Skits

Healthy Lifestyles:
Make it Fit? Where?

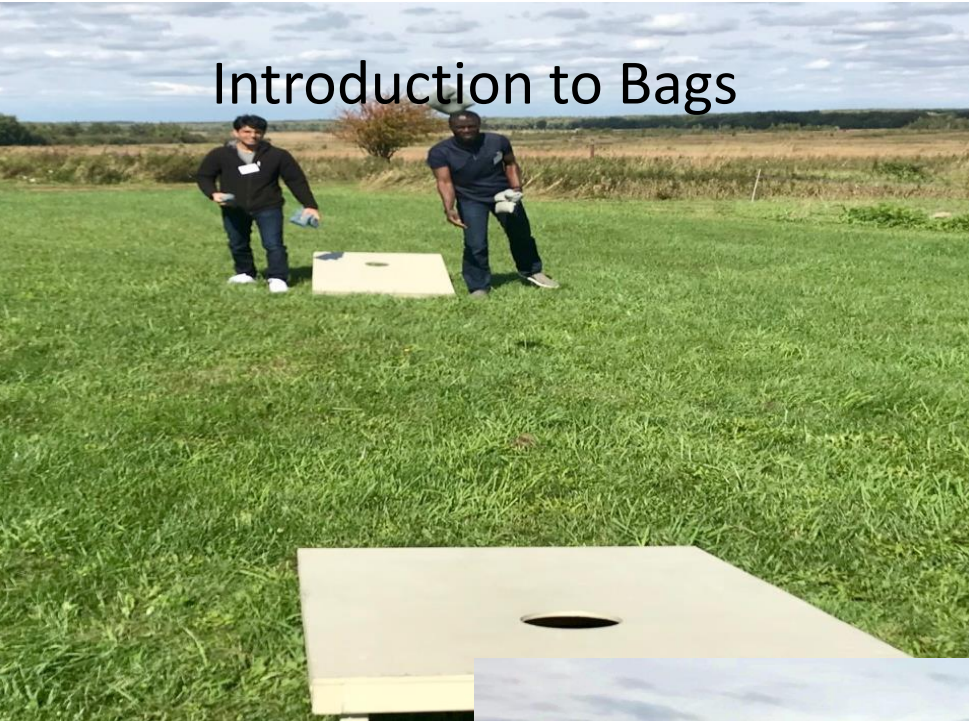


Yoga?



Leisure Activities

Introduction to Bags



Hiking: There are residents out there. Somewhere.

