### Thursday, May 10

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:30 am – 7:00 am</td>
<td>Meditative Walk, Walk2Connect, Westin Lobby</td>
</tr>
<tr>
<td>7:00 am – 8:00 am</td>
<td>Registration &amp; Breakfast, Riverside Ballroom Foyer</td>
</tr>
<tr>
<td>8:00 am – 8:05 am</td>
<td>Welcome &amp; Opening Remarks, Deborah Saint-Phard, MD</td>
</tr>
<tr>
<td>8:05 am – 9:05 am</td>
<td><strong>Keynote Address: The Epidemic of Physician Burnout</strong>&lt;br&gt;Kathleen Gibney, PhD</td>
</tr>
<tr>
<td>9:05 am – 10:00 am</td>
<td>Ethics, Professionalism and Taking Control of the Burnout Crisis in Health Care&lt;br&gt;Matthew Wynia, MD, MPH</td>
</tr>
<tr>
<td>10:00 am – 10:30 am</td>
<td>Break</td>
</tr>
<tr>
<td>10:30 am – 11:30 am</td>
<td>Relationship-Centered Communication for Healthcare Transformation&lt;br&gt;Patrick Kneeland, MD</td>
</tr>
<tr>
<td>11:30 am – 1:00 pm</td>
<td>Lunch in Maya Restaurant – sessions below begin at noon and will conclude by 12:45 pm&lt;br&gt;• Yoga – Katrina Gustafson; Gondola Ballroom Salon B &amp; C&lt;br&gt;• Walk2Connect – Jonathon Stalls; Westin Lobby&lt;br&gt;• Meditation – Cierra McNamara; Gondola Ballroom Salon A&lt;br&gt;• Nutrition – Amanda Turner, RD; Riverside Ballroom Salon III &amp; IV</td>
</tr>
<tr>
<td>1:00 pm – 2:00 pm</td>
<td>Evidence for Self-Compassion &amp; Strategies for Personal Resilience&lt;br&gt;Doris Gundersen, MD</td>
</tr>
<tr>
<td>2:00 pm – 2:45 pm</td>
<td>Breakouts, select one&lt;br&gt;• An Antidote to Burnout: Individual Balance - Kathleen Gibney, PhD&lt;br&gt;• Combating Loneliness in Medicine - Doris Gundersen, MD&lt;br&gt;• Strategies for Human-Centered Communication to Promote Resilience&lt;br&gt;Patrick Kneeland, MD&lt;br&gt;• Moral Distress and Unprofessional Behaviors: Using Preventative Ethics to Support Professionalism - Matthew Wynia, MD, MPH; Abigail Lara, MD</td>
</tr>
<tr>
<td>3:00 pm – 3:45 pm</td>
<td>Breakouts, select one&lt;br&gt;• An Antidote to Burnout: Relational Trust - Kathleen Gibney, PhD&lt;br&gt;• Combating Loneliness in Medicine - Doris Gundersen, MD&lt;br&gt;• Strategies for Human-Centered Communication to Promote Resilience&lt;br&gt;Patrick Kneeland, MD&lt;br&gt;• Moral Distress and Unprofessional Behaviors: Using Preventative Ethics to Support Professionalism - Matthew Wynia, MD, MPH; Abigail Lara, MD</td>
</tr>
<tr>
<td>4:30 pm – 6:30 pm</td>
<td>Networking Reception, Maya Restaurant at the Westin Riverfront Resort &amp; Spa</td>
</tr>
</tbody>
</table>
Physician Burnout: Integrated Strategies for Diverse Stakeholders  May 10-11, 2018

Friday, May 11

Conference will be held in Riverside Ballroom Salon III & IV unless otherwise noted

6:30 am – 7:00 am  Meditative Walk, Walk2Connect, Westin Lobby

7:00 am – 8:00 am  Registration & Breakfast, Riverside Ballroom Foyer

8:00 am – 9:00 am  Plenary Session: In Search of Joy in Medicine
  Christine Sinsky, MD

9:00 am – 10:00 am  The Reading Cure for Physician Resiliency
  Abraham Nussbaum, MD

10:00 am – 10:30 am  Break

10:30 am – 11:30 am  Moral Distress, Giving Voice to Values
  Heather Fitzgerald, MS, RN

11:30 am – 1:00 pm  Lunch in Maya Restaurant – sessions below begin at noon and will conclude by 12:45pm
  • Yoga – Katrina Gustafson; Gondola Ballroom Salon B & C
  • Walk2Connect – Jonathon Stalls; Westin Lobby
  • Meditation – Cierra McNamara; Gondola Ballroom Salon A
  • Nutrition – Amanda Turner, RD; Riverside Ballroom Salon III & IV

1:00 pm – 1:15 pm  Pearls for Physicians from the Health Insurance Sector
  Mark Laitos, MD

1:15 pm – 2:15 pm  CEO Panel: Creating Cultures of Wellness
  Will Cook, CEO, University of Colorado Hospital; Brian Davidson, MD, President, St. Mary’s Medical Center; Matthew Wynia, MD, MPH, Moderator

2:15 pm – 3:00 pm  Breakouts, select one
  • Learn to Talk Like a Shrink - Abraham Nussbaum, MD
  • A Strengths-based Approach to Cultivating Moral Resilience - Heather Fitzgerald, MS, RN
  • StepsForward: Toolkits to Catalyze Transformation - Christine Sinsky, MD
  • Colorado Medical Society Wellness Toolkit - Debra Parsons, MD

2:15 pm – 3:00 pm  Gondola, Salon B & C
  Rapids Room
  Riverside, Salon III & IV
  Riverside, Salon I & II

3:15 pm – 4:00 pm  Breakouts, select one
  • Learn to Talk Like a Shrink - Abraham Nussbaum, MD
  • A Strengths-based Approach to Cultivating Moral Resilience - Heather Fitzgerald, MS, RN
  • StepsForward: Toolkits to Catalyze Transformation - Christine Sinsky, MD
  • Colorado Medical Society Wellness Toolkit - Debra Parsons, MD

3:15 pm – 4:00 pm  Gondola, Salon B & C
  Rapids Room
  Riverside, Salon III & IV
  Riverside, Salon I & II

4:00 pm – 4:30 pm  Close & Call to Action
  Deborah Saint-Phard, MD