



The Career Consultants, LLC

Get the competitive edge!

Workshop Title: Empowering and Elevate: A Leadership and Wellness Retreat for Women in Medicine

Date: Friday, January 17, 2025

Duration: 8 hours (8:00 AM - 5:00 PM)

Location: JW Marriott Clearwater Beach

Price: \$1095 Per Physician

Workshop Objectives

1. Strategic Career Development for Women in Medicine
2. Stress Management Tools for Female Physicians
3. Building Your Wellness Toolkit

Workshop Agenda

8:00 - 8:30 AM | Registration & Networking Breakfast

- Check-in and enjoy a light, nutritious breakfast.
- Icebreaker: “Connection & Collaboration” – an informal networking activity to foster connections among participants.

8:30 - 9:00 AM | Welcome & Introduction

- Opening remarks by the facilitator: Dr. Dian Ginsberg
- Overview of the workshop agenda and objectives

9:00 - 10:30 AM | Session 1: Strategic Career Development for Women in Medicine

- **Key Topics:**
 - Assessing your current career stage and defining your professional vision.
 - Navigating career transitions with confidence and clarity.
 - Leveraging leadership skills and opportunities unique to women in medicine.

10:30 - 10:45 AM | Morning Break

10:45 AM - 12:00 PM | Session 2: Managing Stress in the Medical Profession

- **Key Topics:**
 - Understanding the physiological and psychological impact of stress.
 - Identifying unique stressors for female physicians and effective management strategies.
 - Mindfulness and relaxation techniques.

12:00 - 1:00 PM | Lunch Break

- Healthy lunch provided
- Optional guided walk or social time

1:00 - 2:00 PM | Session 3: Building a Wellness Toolkit

- **Key Topics:**
 - The importance of holistic wellness: physical, emotional, and social well-being.
 - Tailoring wellness strategies to your unique lifestyle and career demands.

2:00 – 2:15 PM | Afternoon Break

2:15 – 3:15 PM | Table Topics Discussion: Find Your Supporters

- Each group/table will be assigned a topic of focus. This topic will be discussed, and the group will identify ways to support one another.
- The group will be provided with a worksheet designed to identify remediation strategies related to the assigned topic.

3:15 – 4:30 PM | Deep Dive Session: Practical Strategies for Work-Life Integration

- **Key Topics:**
 - Establishing work-life boundaries and protecting personal time.
 - Techniques for balancing clinical responsibilities with personal wellness.
 - Using delegation and teamwork effectively.

4:30 - 5:00 PM | Closing Session & Reflection

- Guided Reflection: “Bringing It All Together” – Participants reflect on your biggest takeaways.
- Action Planning: Writing down key actions to implement post-workshop.
- Closing Remarks & Next Steps: Opportunities for continued support and networking.

5:00 PM | Workshop Ends & Networking Opportunity

Workshop Materials & Takeaways

- Program Workbook

- Career Development Plan Template
- Stress Management Checklist
- Personalized Wellness Toolkit Guide
- Collaborative Strategy Card Set
- Work-Life Balance Action Plan

This agenda provides additional depth to the workshop with a focused session on work-life integration, helping participants develop actionable strategies for balancing your professional and personal life.