

7:50 AM Opening Remarks
Laxmi Mehta, MD, MBA

Session 1: Culture of Wellbeing

Moderator: Arianna Galligher, LISW-S, MBA

8:00 AM Beyond the Numbers: What Well-Being Data Tells Us About Culture, Risk, and Change
Laxmi Mehta, MD, MBA

8:15 AM Built for Chaos: Mastering Prevention and Recovery
Carmen Quatman, MD, PhD

8:45 AM Building a Culture Where Healthcare Professionals Can Flourish
J.J. Kuczynski, PT, DPT and Kristin Stevens, PCC, MBA

9:45 AM Creating Learning Environments that Sustain Trainees
Simaio Li-Sauerwine, MD, MSCR

10:00 AM Questions and Answers for Session 1
J.J. Kuczynski, Simaio Li-Sauerwine, Carmen Quatman, Kristen Stevens

10:15 AM **Break**

Session 2: System Optimization

Moderator: Laxmi Mehta, MD, MBA

10:30 AM Making Space to Think: Reducing Cognitive Load with AI
Laxmi Mehta, MD, MBA

10:45 AM Creating Capacity: Improving Care Through Operational Excellence
Jurriaan de Jong, PhD

11:15 AM Reclaiming Time: Using AI for Everyday Tasks
TBD

11:30 AM Taming the In-Basket
Zachary Schmidt, APRN-CNP

11:45 AM Will it Work
Valerie Grignol, MD

12:00 PM Questions and Answers for Session 2
Jurriaan de Jong, Valerie Grignol, TBD, Zachary Schmidt

12:15 PM **Battle of the Brains: Lunchtime Trivia Challenge**
Lunch included and prizes for winning team

Session 3: Self-Care

Moderator: Arianna Galligher, LISW-S, MBA

- 1:15 PM** Grief, Trauma & Emotional Processing in Healthcare
Arianna Galligher, LISW-S, MBA
- 1:30 PM** From Stress to Strength: Incorporating Resilience into Practice
Amy Rettig, DNP, APRN-BC, CNS
- 1:45 PM** The Prescription We Forget to Write for Ourselves
Jeanne Caligiuri, MD
- 2:15 PM** Q&A Discussion
Jeanne Caligiuri, Amy Rettig
- 2:30 PM** Closing Remarks: including pilot grants past and future
Laxmi Mehta, MD, MBA
- 2:45 PM** **Adjourn**