



Women in Healthcare: *The Pursuit of Wellness*

Now offered as a Virtual Course!

Registration is now open!

May 12-14, 2021
21.75 hours CME/CNE Credit

*"Focusing on my wellness overall made me create more time for emotional, physical and spiritual wellness.
This was a very positive impact."*

Target Audience:

Women in healthcare (physicians, scientists, medical educators, nurses and dentists in/outside of TN)

- A 3-day, interactive, CME approved retreat
- A rare, yet needed, program for women in healthcare
- Individualized assessments and wellness reports provided
- Highly engaging activities and teaching
- Discover how to align core missions and dreams with personal and professional career goals
- Learn skills and techniques to promote wellness, joy and purpose
- Focuses on personal and professional well-being
- A must for women in healthcare!

(See back to register.)

Center for Professional Health
Vanderbilt University Medical Center

615-936-0678 | cph@vumc.org

1313 21st Ave S., Nashville, TN 37232

<https://medsites.mc.vanderbilt.edu/cph/home>



Women in Healthcare: *The Pursuit of Wellness*

Registration

Fee: \$750*

Participants will receive: All course materials, CME credit, individual wellness assessments and reports.

Register

(*Register by April 25th for \$75 savings. Space is limited.)

<https://medsites.vumc.org/cph/womens-retreat>

*Participation is required for all 3 days

Objectives:

- Value, Meaning and Purpose
- Wellness and Resilience
- Stress/Stress Management
- Burnout and Impairment Prevention
- Managing Energy and Emotional Intelligence
- Goal Setting/Keeping
- Communication and Conflict Management
- Grit, Happiness and Resilience
- Personality Strengths
- Negotiation Skills

Director:

Charlene M. Dewey, MD, MEd, MACP: Assistant Dean, Medical Education and Administration and Professor of Internal Medicine & Public Health; Director, Center for Professional Health and Chair, Faculty Wellness Committee, Vanderbilt University Medical Center

Faculty:

Caroline Post Cone, MSN, APRN, PMHCNS, BC: Assistant in Medicine, Course Director CPH Courses

Kate Urmey, EdD, MEd: Education Specialist; Program Manager CPH

Kristine Tatosyan-Jones, MD: Physician VUMC

Comments from Prior Participants:

"I think this is a must for all."

"The camaraderie as well as the mutual decision to take better care of ourselves was empowering."

"You need to learn that you are not the only person struggling to manage an excessive workload and that the problem is not you."

"This program allows you to take pause in what you're doing, ask yourselves why you're doing it, self-assess your level of burnout or risk towards burnout."

Accreditation/CME:

Vanderbilt University Medical Center is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. Vanderbilt University Medical Center designates this live activity for a maximum of **21.75 AMA PRA Category 1 Credit(s)**TM. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Accreditation/CNE:

Vanderbilt University Medical Center, Nursing Education and Professional Development, is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation.

Vanderbilt University Medical Center, Department of Nursing Education and Professional Development, designates this activity for a maximum of **21.75** Contact Hours.

Vanderbilt CME/CNE has determined there is no conflict of interest. This educational activity received no commercial support.

