

# Prioritizing Individual and Organizational Wellbeing

Friday, April 29, 10:30a – 3:00p

Location: Wohl Auditorium



The Department of Pediatrics and the Office of Faculty Development is delighted to encourage you to participate in a department-wide wellness workshop, led by our guest speaker:

## **Catherine F. Pipas, MD, MPH**

Professor, Community & Family Medicine, The Dartmouth Institute for Health Policy and Clinical Practice (TDI) and Dept. of Medical Education, Geisel School of Medicine, Dartmouth

Physician wellness is crucial for a healthy department and is critical for safe, effective, and empathetic patient care and for creative, innovative scholarly pursuits. Dr. Pipas led a year-long training program for wellness champions from each of the pediatric divisions, who designed and initiated wellness programs within their divisions. This workshop will provide an overview of many of the topics presented during that year long training, including:

- The importance of the journey toward wellbeing for health professionals
- Self Reflection utilizing Narrative Medicine
- Evidence based wellness strategies
- Frameworks for Organizational Wellbeing
- Showcase of Divisions' Wellness Initiatives

Please register here:

[https://wustl.az1.qualtrics.com/jfe/form/SV\\_9H1yuOE9cuQTarl](https://wustl.az1.qualtrics.com/jfe/form/SV_9H1yuOE9cuQTarl)

Contact the Office of Faculty Development with questions  
Megan Shaffer, [smegan@wustl.edu](mailto:smegan@wustl.edu)

## **Event Agenda:**

10:30a – 12:30p: Individual Wellbeing

12:30p – 1:00p – Break

1:00p – 3:00p – Organizational Wellbeing