Marshfield Clinic-Division of Education
Resident Well-Being Retreat Agenda
Thursday, September 23, 2021
Rock Ridge Orchard

*Residents must bring special ID badges

**Morning – Virtual Retreat**

8:00 – 8:30  Breakfast at your home  
- Gift bags distributed on Monday, September 20th to Program coordinators.

8:30 – 8:40  Retreat Overview: Dr. Michels, RWBC

8:40 – 9:00  Team building activity (mixed breakout groups)

9:00 – 9:35  Financial Wellness  
- Mark Ziety, CFP, AIF

9:35 – 9:45  Break

9:45 – 10:20  Fatigue & Stress Management Tools – Yoga & Breathing  
- Luann Sojka, PharmD

10:20 – 10:30  Break

10:30 – 11:30  Keynote Presentation: Dr. Michael Schulein

11:30 – 12:30  Lunch on your own and travel to Rock Ridge Orchard

**Afternoon – In Person Retreat @ Rock Ridge Orchard**

12:30 – 1:45  Goldberg skits (10 minutes each) – 5 groups  
- Residents grouped within their own program:  
  - Dermatology  
  - Surgery  
  - Pediatrics  
  - Med/Peds  
  - Internal Medicine  
  - Pharmacy  
  - Fellows – Psychology and Emergency Medicine
1:45 – 3:15  Wellness activities @ Rock Ridge Orchard
  - Apple picking
  - Wagon rides through orchard
  - Yard games/music
  - Time for connection with each other

3:15 – 4:00  Reflections on Residency: Chiefs Resident Presentations

4:00 – 4:30  Awards and Closing