Resident Well-Being Retreat

Thursday, September 23, 2021

Rock Ridge Orchard
Marshfield Clinic-Division of Education
Resident Well-Being Retreat Agenda
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Rock Ridge Orchard

Morning – Virtual Retreat
8:00 – 8:30  Breakfast on your own @ home and Webex sign on
- Gift bags distributed 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
- LoAnn Sojka, PharmD
10:20 – 10:30  Break
10:30 – 11:20  Keynote Presentation - Michael Schaulen, PhD & former RWBC Chair
11:25 – 12:15  Lunch on your own and travel to Rock Ridge Orchard – arrive by 12:15 PM

Afternoon – In Person Retreat @ Rock Ridge Orchard
12:30 – 1:45  Goldberg site (10 minutes each) – 6 groups
- Surgery (Dr. Kowalski included)
- Internal Medicine (Dr. Spanier included)
- Dermatology
- Med/Peds
- Pharmacy
- Peds (Dr. Easberg included)
1:45 – 3:15  Wellness activities @ Rock Ridge Orchard
3:15 – 4:15  Reflections on Residency: Chiefs Resident Presentations
4:15 – 4:30  Awards and Closing