

Resident Well-Being Retreat

Thursday, September 22, 2022

Rock Ridge Orchard



Resident Well-Being Retreat Agenda
Marshfield Clinic Health System- Division of Education
Thursday, September 22, 2022
Rock Ridge Orchard
128752 State Hwy 153, Edgar, Wisconsin

- 8:30 - 9:00 Arrival and Continental Breakfast
- 9:00 - 9:10 Retreat Overview Dr. Michels, RWBC and Dr. Jansen, DIO - DOE
1. Role and value of resident retreats
 2. Setting intentions
- Retreat Objectives:
1. Learn 3 strategies to incorporate into your personal well-being plan for training and career.
 2. Identify 2 benefits from participating in a retreat to enhance well-being through residency/fellowship training.
- 9:10 – 9:20 Introduction to Rock Ridge Orchard: Daniel or Julie
- Objectives:
1. Learn about Rock Ridge Orchard and making the most of the retreat venue.
- 9:20 – 10:05 Fatigue & Stress Management Tools: Yoga & Breathing: Dr. Sojka (45 minutes)
1. Understand the role of yoga and breathing in your self-care plan.
 2. Practice basic yoga and breathing techniques during the retreat.
 3. Identify 2 situations in which you can use these tools to manage fatigue and stress.
- 10:05 – 10:20 Morning Break (15 minutes)
- 10:20 -11:20 Residency Well-Being Toolkit Stations (60 minutes)
- Topics (20 minutes per station; Choose 3 stations to attend):
1. Fatigue Management and Coping with Mental Exhaustion (Dr. Nasser)
 2. Life Outside of Residency: Taking Care of You (Drs. Reriani and Viegut)
 3. Feedback: Giving and Receiving It Well (Dr. Michels)
 4. Being Human: Relationships, Compassion, and Meaning in Professional Practice (Dr. Ridder)
- Objectives:
1. In small group conversations, shift the culture of medicine to embrace the importance of well-being in professional practice, increase comfort discussing self-care topics, and support each other in making self-care a reality in professional practice.
 2. Identify well-being best practices and disseminate to resident/fellows via the RWBC website.
- 11:30 – 12:15 Keynote Presentation (45 minutes):
- Dr. Alpa Shah, PHC & Scott Polenz, Vice President of Physician & Clinical Professional Relations
Physician and Clinical Professional Well-Being, Recruitment/Retention, and Support Initiatives in the Wake of Pandemic Impact, Professional Staff Shortages, and Burnout Challenges.



- 12:15 – 1:45 Lunch and Goldberg Skits/Alternative Engagement Activity (90 minutes)
Objectives:
1. Residents learn about each other’s interests & activities that support peer connection, support, and resilience through residency.
2. Residents form connections with residents from other training programs.
- 1:45 - 3:15 Wellness Activities – Free Time (1.5 hours)
Objectives:
1. Participate in outdoor activities at the retreat venue that support peer interaction and recreation.
2. Explore activities to incorporate into self-care practices.
3. Experience the rejuvenating effects of participating in a retreat.
- 3:15 - 4:00 Reflections on Residency: Chief Resident Presentations (45 minutes)
Objectives:
1. Learn from chief residents at least 2 ideas to support success and well-being through training.
- 4:00 – 4:30 Awards and Closing (30 minutes)

















































