

**Marshfield Clinic/St. Joseph's Hospital**  
**Division of Education**  
**Resident Well-Being Retreat**  
**Thursday Sept. 25, 2014**  
**Mead Wildlife Reserve**  
**Agenda and Resident Objectives**

**8:30- 9:00**

**Continental Breakfast**

**9:00-9:10**

**Retreat Overview:**

-Role and Value of Retreats: Evidence Base/Systems Base

-Setting Intentions; Welcoming New Residents

-Housekeeping Details; Professionalism during the retreat

*Objectives:* 1. Learn a strategy to support your enthusiasm and professionalism as you start each day; 2. Identify 2 benefits to your well-being and career from participating in a retreat

*General Competencies* related to this:

Professionalism

**9:10-9:25**

**Retreat Introduction: Dr. Jansen**

*Objectives:* Learn 2 reasons for institutional support for your retreat and concern for resident well-being.

*General Competencies* related to this:

Systems Based Practice

Professionalism

**9:25**

**Meet and Greet Bandana Art Project**

*Objectives:* Throughout the day, each resident engages in conversation with each new resident to learn a bit about them, their interests and how they may collaborate in learning and patient care during residency.

*General Competencies* related to this:

Interpersonal and Communication Skills

**9:30-9:40**

**Introduction to the Mead Wildlife Reserve**

**Pam Mesech, Mead Wildlife Conservation Educator**

*Objectives:* 1. Learn about the Mead as a setting to enjoy during residency; 2. Identify the value of 'Vitamin N' in well-being and resiliency

*General Competencies* related to this:

Patient Care

**9:40-10:30**

**Keynote Presentation: Vulnerability and Resilience-Lessons Learned in a Career in Oncology Dr. William Hocking**

*Objectives:* 1. Identify 1-2 ways in which you may experience vulnerability in training and career; 2. Learn 2 strategies that will support your resilience and effective management of vulnerability.

*General Competencies* related to this:

Patient Care

Professionalism

Interpersonal and Communication Skills

**10:30-10:40**

**Break**

**10:40-11:00**

**Resident Health Survey**

*Objectives:* 1- Complete a self-assessment of wellness activities engagement, sleepiness, and depression; 2- Describe 2 potential links between components of well-being on the survey to performance on the general competency of patient care. 3-Identify 2 supports and 2 potential challenges to well-being based upon the self-assessment.

*General Competencies* related to this:

Patient Care

Medical Knowledge

Practice-based Learning and Improvement

Interpersonal and Communication Skills

Professionalism

Systems Based Learning

**11:10-1:00**

**“Dinner and a Show”**

Residents organize into groups of 8-10, each group identifies a residency topic, issue or stress and presents a skit that portrays this including positive and negative outcomes.

*Objectives:* 1. Identify common issues encountered in residency;

2. Portray these in skits along with positive or negative

examples of their management; 3. Assess the usefulness of the

strategies for coping with the issue and how these can be applied in their lives.

*General Competencies* related to this:

Patient Care

Medical Knowledge

Practice-based Learning and Improvement

Interpersonal and Communication Skills

Professionalism

Systems Based Learning

**12:00-1:00**

**Lunch**

**1:00-3:15**

**Wellness Activities**

*Objective*

1-Participate in a variety of activities that support engaging with peers.

2-Explore activities to incorporate in self-care practices

3-Experience the rejuvenating effects of participating in a retreat.

*General Competencies* related to this: Professionalism

**3:15-4:30**

**Reflections on Residency: Chiefs Presentations**

*Objectives:* Learn from the chiefs' reflections at least 2 ideas they can apply to support their success and well-being.

*General Competencies* related to this:

Professionalism

Practice-Based Learning and Improvement

Patient Care

Systems Based Learning

**4:45-5:15**

**Closing**

**-Retreat evaluations**

**-Closing Comments**

**-Drawing for prizes**

**5:15 – 6:00**

**Post Retreat Gathering: Beverages and Snacks**