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  
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**  

Resident Retreat 2014 Objectives Sept 7 draft