

**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 20<sup>th</sup> 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