

Resident Well-Being Retreat

Thursday, September 23, 2021

Rock Ridge Orchard



**Marshfield Clinic-Division of Education
Resident Well-Being Retreat Agenda
Thursday, September 23, 2021
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 Zietz, 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 – 11:20 Keynote Presentation - Michael Schulein, 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 skits (10 minutes each) – 6 groups
- Surgery (Dr. Kotulski included)
- Internal Medicine (Dr. Spanier included)
- Dermatology
- Med/Peds
- Pharmacy
- Peds (Dr. Eastberg 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













































