

LLRS Pre–Course Tentative Agenda

***Become a Better Human, Become a Better Surgeon***

Thursday, July 17, 2025

- 8:00–8:15 a.m. Introduction: Putting Burnout into Perspective – *Christopher A. Iobst, MD*
- 8:16–8:46 a.m. Courage to Speak Out  
*Carrie Cunningham, MD, MPH*  
*Christopher A. Iobst, MD*  
*Jan Klamar, MD*  
*Julie Wei, MD*
- 8:47–9:17 a.m. Panel Discussion and Q + A  
*Alfred Atanda, MD*  
*Nana Coleman, MD*  
*Carrie Cunningham, MD, MPH*  
*Christopher A. Iobst, MD*  
*Jan Klamar, MD*  
*Julie Wei, MD*  
*Kandi Wiens, EdD*
- 9:18–9:40 a.m. Refreshment Break
- 9:41 a.m.–12:45 p.m. Emotional Intelligence – *Kandi Wiens, EdD*
- 12:46–1:45 p.m. Lunch
- 1:50–2:05 p.m. Alternative Lifestyle Medicine – *Sarah S. Jones, MD*
- 2:06–2:50 p.m. Coaching/Mentor/Peer Support  
*Alfred Atanda, MD*  
*Nana Coleman, MD*  
*Julie Wei, MD*
- 2:51–3:21 p.m. Panel Discussion: When do I Need a Therapist? and Q + A  
*Alfred Atanda, MD*  
*Nana Coleman, MD*  
*Sarah S. Jones, MD*  
*Jan Klamar, MD*  
*John Kelly, MD*  
*Julie Wei, MD*  
*Kandi Wiens, EdD*
- 3:21–3:40 p.m. Refreshment Break
- 3:41–4:01 p.m. What They Never Taught Me in Medical School – *Nana Coleman, MD*

- 4:02–4:37 p.m. Panel Discussion: LLRS-specific Topics – Complications, Imposter Syndrome, Exhaustion, Logistics, On-call  
Moderator: Christopher A. Iobst, MD  
*Professor Nando Ferreira*  
*Marie Gdalevitch, MD*  
*Soren Kold, MD, PhD*  
*Raymond W. Liu, MD*  
*David Podeszwa, MD*  
*Sanjeev Sabharwal, MD*
- 4:38–5:08 p.m. Solutions to Surgical Stress  
*Alfred Atanda, MD*  
*Professor Nando Ferreira*  
*Christopher A. Iobst, MD*  
*Emeka Izuagba, MD*  
*John Kelly MD*  
*Raymond W. Liu, MD*  
*Julie Wei, MD*
- 5:09–5:20 p.m. Discussion, Action Items, and Wrap Up