

University of Rochester Medical Center  
**2022-2023 Faculty and Clinician Wellness Series**  
*Co-Sponsored by URSMD Office for Faculty Development and  
URMC Medical Faculty and Clinician Wellness Program  
and in Collaboration with UR Well-U*

**UPCOMING SEMINAR**

***Wellness By Design: Updates and Strategies  
from the URMC Wellness Strategic Plan Work Group***

**Thursday, October 20, 2022**

**12:00 PM – 1:00 PM**

**To register for this seminar: <https://forms.gle/Eks24hqtBvD1avta7>**

*Presented by:*

**Jessica C. Shand MD, MHS**

Associate Professor of Pediatrics, Health Humanities, and Bioethics  
Director, URMC Clinician and Faculty Wellbeing Program

Meaningful and sustainable improvements in professional wellbeing require creativity, strategy, and collaboration. In this seminar, we will explore strategies to prioritize and develop action plans for wellness initiatives based on the goals and evolution of the URMC Wellness Strategic Plan Work Group. Opportunity for interactive discussion and collaborative problem-solving will be emphasized.

*Learning Objectives:*

At the end of this workshop, participants will be able to:

1. Understand how the principles of Design Thinking can be applied to wellness initiatives, using an empathy-centered approach.
2. Develop an action-oriented framework to identify priorities and set goals for wellness and other culture-change work at the organizational level.
3. Recognize the importance of shifting the mindset about workplace wellness from “other” to “integral”.

**Open to all faculty, staff, and students**

The Medical Faculty and Clinician Wellness Series is a qualifying activity for the 2022 URMC Malpractice Premium Differential Program.

**ACCREDITATION** The University of Rochester School of Medicine and Dentistry is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

**CERTIFICATION** The University of Rochester School of Medicine and Dentistry designates this live activity for a maximum of 1 *AMA PRA Category 1 Credits(s)*<sup>™</sup>. Physicians should claim only the credit commensurate with extent of their participation in the activity.